द्रव्यरत्नावलि

DRAVYARATNĀVALI

(Sanskrit, Telugu to English Translation)

Chief Editor
Dr. Bhagavatam Rama Rao

English Translation and Editing
Vaidya Saketh Ram Thrigulla

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(English Translation)

Chief Editor

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[Transcription from the palm-leaf manuscript and Telugu translation of Dravyaratnavali]

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ऐं ह्रीं नमश्चण्डिकायै

Foreword

I offer my humble salutations to my Gurudev, Brahmashri Kulacharya Ayilavajhala Venkataramanaiah, who has showered his blessings upon me and inspired my literary endeavors, and to my beloved deity, Sri Chamundeswari Mahadevi.

I first saw the manuscript of this *Dravyaratnavali* around 1963 at the residence of the renowned Ayurvedic scholar, Sri Veturi Shankara Shastri. After my retirement, I had a strong desire to acquire, edit, and publish this *Dravyaratnavali*, which had been on my mind for a long time. In the last century, Yerra Subbarayudu's *Vastugunadipika* was vey popular in almost every Telugu household. *Dravyaratnavali* seems to be of same kind, but unlike the former, it is organized according to varga (class) divisions rather than in (Sanskrit) alphabetical order. The names of the drugs are given in Telugu.

I procured three manuscripts from the Chennai Manuscript Library. Upon closer examination, I realized that they were quite difficult to decipher. The names of the drugs used in the texts were from a much older period and the meanings of many words were unclear. I consulted several literary and medical dictionaries and even spoke to some elderly people, especially women, in rural areas of the state. However, many words still remain ambiguous

I am delighted to finally be able to publish this work. However, there remains a sense of dissatisfaction as some ambiguities still persist. I have sought clarification from many people in the process of resolving these issues. I cannot name everyone, but I am deeply grateful to all of them. My literary friend, the great scholar Sri Ravva Srihari, and Sri Pammi Satyanarayana Sastri, who provided the manuscripts, have been invaluable. My family members and friends have also provided immense support. My wife, Smt. Savitri, who, though literate only in Telugu, possesses a noble character and has inherited the philanthropic qualities of her father, the revered Sri Avadhuta Bodhananda Saraswati, has contributed significantly along with our sons Ch. Seetharama Murthy, Lakshmana Murthy, sons-in-laws Ch. Radhakrishna Murti, Ch. Gopalakrishna, and daughters Chi. Smt. Sridevi, Sricharana Prasaditha, and daughters-in-laws Chi. Smt. Sharada, and Chi. Smt.Pavani. Gopalakrishna, who is proficient in astrology, Sanskrit, and English, has meticulously read the entire manuscript and his valuable suggestions enhanced the value of the book. Sricharana has also contributed by comparing the manuscripts. Without the cooperation of these two, the book would not have been completed. I offer my blessings to all.

Above all, I am deeply grateful for the encouraging blessings bestowed upon me by the venerable and saintly Sri Sivanandamurti. I offer my humble salutations to him. I would also like to express my gratitude to the renounced (Sanskrit, Telugu) lexicographer equivalent to Brihaspati, Acharya Sri Srihari, who wrote the foreword and encouraged me, and to Dr. D. Rajareddy, who is internationally renowned in neurosurgery and an expert in numismatics.

I am grateful to the Central Institute of Indian Languages, Mysore, for their financial support and for extending the deadline for the publication of this book. I would also like to thank Smt. Seeta and Smt. Sumedha for their assistance in DTP, and Sri Bhaskara Rao for patiently incorporating my changes and completing the printing on time. I am thankful to the Chennai Manuscript Library for granting permission to publish, and to Sri Mahadevan

(Chennai) for his help in collecting manuscripts. I am also grateful to all my friends at the Indian Institute of History of Medicine, Hyderabad who, without any hesitation, provided me with books, photocopies, and other materials whenever I asked.

Hyderabad
Nandana Vijayadashami,
Bhagavatam Rama Rao
[Translation from Telugu Foreword dated 24-10-2012]

Foreword to the English Translation

English translation of Dravyaratnavali along with updated indices was long due, which is now completed by the efforts of Dr. T. Saketh Ram and team of young scholars Dr. Ravi Chandra, Dr. Shiva Krishna, Dr. Shruti G, Dr. Rajesh Kinnera, Dr. M. Monica Sree, Dr. Amruta Varshini and Mr. C. Hariprasad. My blessings and best compliments for the team. Hope the Ayurveda faculty and others interested in the topic of Ayurveda will make best use of the English Translation of Dravyaratnavali for advancing Ayurveda Scholarship and providing healthcare benefits to the common people.

Bhagavatam Rama Rao
Hyderabad, 09-12-2023

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Appreciation

Shri Bhagavatam Rama Rao is a great Ayurvedic and Sanskrit scholar who took great pains and time to bring out this monumental work related to our health. Dravya Ratnavali is an ancient work compiled by an unknown author most likely between 16-17th century AD and the author probably resided in Telangana districts of Medak and Nizamabad based on the mention of river Manjira and the names of many vagetables, fruits and trees which are found in this region. Ayurveda was widely practiced in Telangana and there were hundreds of works on Ayurveda mostly in Sanskrit and some were written in Telugu also. Ayurveda considered water, liquids and food as having medicinal properties. The author explained the qualities of all these and discussed about water, milk, curd, butter milk, cane juice, butter, ghee, sugar, honey, oils, cereals, foods, pulses and also meat products including fishes, vegetables, eatable flowers and condiments and medicinal products. Very many aspects of daily uses, beds and even mattresses are covered in the book. The detailed knowledge given in the book by the Ayurvedic scholar is more relevant today in our country.

It may be useful to recollect the second most common cause of death of Indians is due to diarrhoeal diseases, which are related to the use of bad water for drinking. The death of 20% children below the age of 5 in India is due to diarrheal diseases. The author summarized different sources of water such as rain water, tank and well water including those from the rivers. Proper study of the water properties may be useful in preventing the diseases from unsafe water. Another aspect of present-day health especially of those living in rural areas and those below the poverty line are important to avoid malnutrition which is widely prevalent in India today.

Latest statistics from National Family Health Survey III in 2005-2006 reveals that 45% of children in India are malnourished and 75% of women are anaemic in our country. In spite of enormous amount of money being spent on nutritional aspects by the state and central governments the nutrition especially in rural areas of India has not improved. The reason is the ignorance about the qualities of foods that are given in great detail in this ancient monograph.

First 107 verses in the book are devoted to water and explain the sources of water, their qualities and which waters are good for use. In India much of ill-health of humans can be traced to lack of safe drinking water and sanitation and hence water should be easily accessible, free from contamination and readily available to the population throughout the year. In 1980, the United Nations General Assembly launched the International drinking water supply and sanitation decade, 1981-1990. Its aim was to provide all people with adequate supplies of safe water and sanitation by the year 1990. In 1981, the 34th World Health Assembly in a resolution emphasized that safe drinking water is a basic element of 'Primary health care' which is the key to the attainment of 'Health for all by the year 2000 AD'. Hence providing safe water to all by that date.

All the governments have been trying to meet the challenges of the Millennium Development Goals by 2015 to halve the population without access to safe drinking water and they hope to achieve the goal much later. Water is essential for human survival and also for the flora and fauna on this earth. The difficulties of providing safe water to all are obvious. There has been phenomenal increase in world population which increased from 1.5 billion at the beginning of 20th century to over 7 billion now and this adds to the burden of providing safe water to all. The earth's water reserves are abundant but paradoxically the sources of surface water are scanty for the needs of growing population.

The earth has more than 1400 million Km3 of water, of which 97.25% are in the form of oceans and seas which is not fit for human consumption. Fresh water reserves are only 2.75% of total reserves of water on this planet but 75% of fresh water is trapped in glaciers a well as in ice and 24.5% of it is underground. Surface water which can be used for drinking represents only 13500 Km3 or one-hundred-thousandth of earth's water reserves. All the urban areas in India are much better off in providing safe water in these areas since major cities get their water from perennial rivers, whereas 90% of rural population is dependent on ground water.

The water from perennial rivers has got optimum of fluoride whereas 50% of ground water have excess amount fluorides. This is the reason for spread of fluorosis to 275 districts in the country effecting 66 million Indians and crippling 6 million of them. It has been estimated that **40** litres of water is the minimal requirement for each individual per day though this amount is not ideal and average of two litres is required for drinking water purposes and another one is necessary for cooking needs. This book which was written few hundred years ago stressed the need for good drinking water and how to select that from different sources which are available in different parts of the country.

Next question is about nutrition and the book extensively deals with the qualities of different foods starting from milk and goes on to all kinds of dairy products, vegetables, cereals and meat products.

All government policies to improve nutrition of rural folk have been a dismal failure so far. Mid-day meal scheme has not helped the rural children in India in this regard since children hardly get 300 calories of diet and most of the time the food supplied is not even hygienically good. There are 47 verses about milk, 22 verses on curd and 34 verses about butter milk and so on. There is extensive discussion about the quality of various meats and some of them such as snakes, dogs frogs may not be eaten by majority of Indians but there are sections in eastern part of the country which relish them. The information about every aspect of food products given in the book will be of great help in improving the nutritional status of rural children and women in our country.

Ancient Ayurvedic physicians described the properties of various medicinal products also and the knowledge of those herbs would be useful in the treatment of diseases.

Rama Rao took great care to find the right words in Telugu by going through Ayurvedic texts as well as consulting scholars knowledgeable about the plants. This kind of book is the need of the hour when majority of government plans failed to achieve the targets of improving health of the people in our country. Only a great scholar like Rama Rao could have translated this kind of Sanskrit text into Telugu and he deserves all the appreciation.

Rama Rao needs commendation for a great effort in bringing to light, various Ayurvedic texts, which were rotting in the libraries and before long, the palm leaf manuscripts, unless digitized, would be lost forever.

D. Raja Reddy

[Reproduced from Dravyaratnavali, Telugu Translation (2012)]

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A Friend's Compliment

Dr. Bhagavatham Rama Rao is a scholar well-versed in Telugu, English, Sanskrit, and Ayurveda. He has been a very close friend of mine for many years. For the past fifty years, he has been researching Ayurvedic texts and has earned a good reputation among Ayurvedic researchers. He worked as a researcher at the Indian Institute of History of Medicine, Hyderabad, which is funded by the Central Government's CCRAS, and later retired as the Director of the Indian Institute of Panchakarma in Kerala. During his career, he has examined, edited, and published numerous Ayurvedic texts. While Ayurvedic physicians are generally proficient in Ayurvedic science, they often lack proficiency in Sanskrit. However, Dr. Rama Rao's proficiency in Sanskrit enabled him to effectively edit and present Ayurvedic texts to the scholarly world. The renowned publisher Chaukhamba Vishvabharati, which publishes many ancient scientific texts, has translated the Ayurvedic texts Ashtaangahrdayam, Chamatkara Nighantu, and Ashtaang Sangraha into English under his guidance, which is a testament to his expertise in Ayurveda.

Dr. Rama Rao, a dedicated researcher, has been working tirelessly for a long time to bring us the valuable text 'Dravyaratnavali' in Telugu. It is imperative for Ayurvedic physicians to have a thorough understanding of the properties of various substances that we consume as food. Therefore, topics related to the properties of substances are essential components of the Ayurvedic curriculum. The water we drink daily and the food we consume have a definite impact on our body. Hence, a physician treating a disease can provide the patient with proper dietary advice only when he has a thorough knowledge of the properties of these substances. Therefore, there is no doubt that such texts are very useful for Ayurvedic physicians.

This text categorizes substances into approximately thirty-five main groups, including the water group, milk group, curd group, buttermilk group, butter group, ghee group, and so on. The properties of nearly 2000 different substances are described in these groups. What is special about this text is that it not only describes the general properties of each main substance but also the properties of its various subcategories. For example, under the water group, after explaining the general properties of water, it describes the properties of about eighty different types of water, such as river water, hail water, ice, well water, lake water, pond water, hot water, and rain water. Similar details are provided for other substances as well. The author has cited references from other authoritative texts like Bahata to substantiate the information presented in this text.

While lexicons like Vastugunaprakasika provide information about the properties of substances, they do not list as many variations of these substances as this text does. Moreover, these lexicons do not group the variations of a particular substance together, making it difficult to find all the information related to a specific substance in one place. For instance, in this text, one can find all the different types of water and their properties in a single place, whic makes this text unique

While this book is primarily useful for physicians and readers interested in the properties of substances, I believe it can also serve as a valuable resource for linguists and lexicographers. The names of the various substances and their variations mentioned in this book are not found in dictionaries like Sabdaratnakara. For example, words like duṣṭupukāya, suraḻikāya (raw fruits), dammilālu, muccamīlu, vaṃkamĕṭṭulu, ṟocculu (fish), ummarālu (snacks), kollalu (horse gram), catalikakūra (leafy vegetables), toḍiviri dhānyaṃ (grains), kaṃciḍa puvvulu (flowers). Like wise many colloquial terms like talāge talĕ (plate) are found in this text.

It is unfortunate that the name of the author who wrote such a unique text is unknown. This manuscript, originally written in Sanskrit, has been acquired, compared with various other texts on the properties of substances, edited, and translated into Telugu for our benefit. Editing a text is not a simple task. It requires not only scholarship but also a thorough examination of various texts, a critical eye, and immense patience. All these qualities are present in Sri Rama Rao, which is why this text has been presented to us in such a well-edited form.

We are grateful to Sri Rama Rao for bringing us this valuable text. I would like to wholeheartedly congratulate him and request him to edit and present more such unique and distinctive texts to the world of Ayurveda.

I hope that Ayurvedic physicians, Ayurveda researchers, language enthusiasts, and those interested in the properties of substances will all appreciate this book.

Ravva Srihari

[Translated from Telugu to English; Original: Dravyaratnavali, Telugu Translation (2012)]

About the book

Among all the ancient treatises that expound the principles of Ayurveda, concepts like theories, philosophical foundations, the three doshas, dhatus (tissues), diagnostic procedures, and methods of preparing medicines are described. From the 5th or 6th century AD, commentaries on these treatises became widely available. From around the 16th century, medical texts focused primarily on practical diagnostic procedures and the properties of substances, leading to the compilations of medical lexicons. The emergence of new diseases, substances, and experiments necessitated this shift. Each lexicon has its own unique characteristics. While there are many printed medical lexicons available, the current Dravyaratnavali can be considered the most comprehensive.

Manuscripts: The three copies of Dravya Ratnavali that I have acquired are from the Chennai Manuscript Library. Two are on palm leaves and one is on paper. Only one of the palm leaf manuscripts is almost complete, consisting of 93 leaves in total. The paper manuscript is somewhat damaged, and the second palm leaf manuscript is only partially complete. I was unable to find any complete copies in Mysore or in the Osmania University, Hyderabad library, even after checking their catalogues. The Government Oriental Manuscript Library, Hyderabad do not provide access to the complete text. I was able to consult as much of it as possible. The complete copy from the Chennai manuscripts was used as the primary reference for this edition. To the best of my knowledge, this text has not been published previously. Yerra Subba Rao, who authored the Vastuguna Deepika, mentioned Dravya Ratnavali in the list of texts he consulted in 1883. However, he did not specify where it was published. Despite my inquiries, I have not been able to find any information. It is likely that he consulted a manuscript copy.

Author: In one of the Hyderabad copies, there is a prayer to Vinayaka at the beginning. In all the copies, at the end of each chapter and at the end of the book, there are prose passages that only mention the book's title. It is unfortunate that we do not know any details about the author. Given that the manuscripts are only found in the Telugu script and that the names of the substances are in Telugu, there is no doubt that the author was a Telugu person.

Date: One of the copies mentions a date written by the author: Dundubhi Ashvayuja Bahula Panchami, Aditya vara (Sunday). This combination of date and weekday corresponds to the years 1442, 1622, and 1862 AD. The letters 'ī' and “ḷa' are written slightly differently in the manuscript. The words 'prāṃta, veṃpa, leṃta' indicate that the text is not very recent. The text mentions a variety of dishes, snacks, and pickles. The Sanskrit word 'harita' was used for pickles. The Charaka Samhita has a 'harita' category, which includes a few raw items like ginger. In the approximately contemporary Dravya Muktavali, the word 'pachadi' (pickle) is used in a Sanskrit verse as 'pachadi shushkameva cha'. Interestingly, the Telugu favorite, gongura pickle, is not mentioned in any of the vegetable categories, suggesting that gongura was not commonly used at that time. This could also be due to its less common usage in the Telangana region. There is an argument that the hill variety of gongura, or gogaku, existed from the 11th or 12th centuries. Similarly, there is no mention of chili peppers or avakaya (mango pickle).

The author, who has described the pickles made and consumed in those days, would certainly have mentioned the long-lasting, diverse varieties of avakaya (mango pickle) if they were in existence. The absence of gongura (roselle), chili peppers, and avakaya suggests that these ingredients were not commonly used during the author's time. Similarly, ciṭṭaṃṭipoṭṭu (a type of fermented food) and senaga kura (lentil greens), which were once widely used in

coastal and Telangana regions, are also not mentioned. The mention of ganjai (Opium) mamidipasupu (amragandhi haridra) in the Bhava Prakash and the absence of mamidallam (ginger with mango aroma) suggests that the author was neither from the 17th century nor before the 16th century. It's possible that the author was a contemporary of Bhavamishra. Ragunatha Suri's Bhojanakutuhala, believed to be from the 17th century, mentions several varieties that are not found in this text. Similarly, Kshemakuthuhala, which is also from the same period, mentions other varieties that are absent in this text. Therefore, Dravya Ratnavali might predate Bhojanakutuhala. Based on all these factors, the date written in the manuscript can be assumed to be 1622. Given that the manuscripts are found in many places, it might have taken about 50-75 years for it to become widely circulated. Hence, the author might have lived in the early 17th century or late 16th century.

Region: All the copies mention the waters of the Vanjara river under the category of 'toya' (water). While the verse mentions it as “Painaka”, Vanjara is current Manjira river. There is no record of Vanjara being called Pinakini or vice versa. The name Vanjara is mentioned in Anantamatya's Bhojarajiya and in a 12th-century inscription. Until the beginning of the last century, the river was called Vanjara in the Medak and Indur regions. The Manjira river flows through Medak and Nizamabad districts. Similarly, words like “maṇuṃgubūvulu, pĕṃḍa, dāsana, talĕ, mŏruṃḍalu, laḍvālu, tamidalu, lŏṭapiṭa, calla, ānagapakāya, voma, tĕlikapiṃḍi” and others are used in these districts. Among oils, ippa oil (madhuka oil) is mentioned. In our childhood, in rural areas, ippa powder (Madhuka) was used for massages, and ippa oil (Madhuka Oil) was used for lighting lamps. The text mentions atukulu (snacks) and consuming them with sugar. The bark of large trees like tamarind, when forcefully peeled off, is called thodukalu (Telugu). My grandmother used to grind tamarind thodukalu into a powder and apply it to wounds, which would heal quickly. Cashew nuts, cashew shells, pariki fruits, and marri fruits are not as commonly used in other regions but are still used in and around Medak and Indur. This suggests that the author might have been from these districts. However, there are also some references to items like *talagada* that are not found in these regions.

Editing: As with all ancient medical texts, strict grammatical rules have not been followed consistently in this text. The lack of agreement in gender, number, and case between a noun and its adjective is a common issue. Wherever possible, corrections have been made. For the convenience of researchers, the names of substances have been given both in their original Telugu form as found in the palm leaf manuscript and in the modern Telugu equivalent used in the translation. There are many words whose meanings are unclear. I have consulted available dictionaries and sought the opinions of experts from various regions of our state. Despite spending over a decade on this, many issues remain unresolved, which is a source of dissatisfaction. However, I have decided to publish it in the hope that scholars can provide their suggestions. I have not translated ambiguous words and some verses. I was unable to enclose them in brackets as intended. I have also been unable to provide variant readings.

Unique Features: This text contains over 80 categories and more than 200 substances. I have not come across any other medical dictionary with such a vast array of categories and substances. The categories of druma sara (wood oils), bija sara taila varga (seed oil category), harita varga (pickles), khala varga (buttermilk-based dishes), vatakadi varga, tila pishta, majja (marrow), dhupa (incense), and dhuma (smoke) are particularly noteworthy. The detailed descriptions of various types of sugarcane, vegetables, coolants, grains, and animals are impressive. The classification of fruits into raw, ripe, and dried categories is also significant.

All these features provide a glimpse into the lifestyle of people from that era. The presence of verses from Ashtanga Hridaya, Sushruta Samhita, Charaka Samhita, Rasa Ratna Samucchaya, and Charucharya indicates that this is a compiled work

As with all Telugu medical dictionaries, the substance names are given in Telugu, while their properties are described in Sanskrit verses. Synonyms are not provided. This suggests that both Telugu and Sanskrit names were commonly used. It's also common knowledge that different texts often provide varying descriptions of the properties of certain substances. In some cases, well-known and widely used properties of substances are not mentioned. However, this does not mean that these properties were unknown or unused for treating diseases. A final request: Please do not independently experiment with the remedies based on the properties described in this text. It is advisable to consult experienced physicians. Due to my advancing age and decreasing patience, there might be some errors in this publication. I apologize for any such mistakes. I will consider my efforts successful if this book is well-received by scholars and the public.

Bhagavatm Rama Rao.

[Translated from Telugu to English; Original: Dravyaratnavali, Telugu Translation (2012)]

English Translator's Message and Acknowledgement

It has been a privilege to undertake the translation of Dravyaguna from Sanskrit/Telugu into English. In this endeavour, meticulous care has been taken to preserve the intrinsic nuances of the Telugu interpretations. Furthermore, diligent efforts have been made to identify the closest botanical names for the plants and scientific names for the animals and birds referenced within the original work. For the convenience of the reader, an alphabetical index of all ingredients and items mentioned has also been compiled and included. We sincerely hope that this translation will prove to be a valuable resource for both Ayurvedic practice and Dravyaguna studies.

This translation would not have been possible without the invaluable support and kind permission of Dr. B. Rama Rao Sir, to whom I extend my deepest gratitude for entrusting me with this opportunity. My heartfelt thanks also go to every member of the translation team. Their unwavering dedication and diligent work, often without tangible reward, have been truly commendable. Their efforts are deeply appreciated and duly acknowledged.

The book is available in print and ebook format for wider dissemination across the world.

We humbly pray to Bhagavan Dhanwantari to shower blessings upon the entire team involved in this work and upon all readers who engage with it.

oṃ sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ
sarve bhadrāṇi paśyantu
mā kaścit duḥkha bhāgbhavet.

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22nd January 2024, New Delhi

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1. WATER GROUP

Toya vargaḥ / तोय वर्गः

Ganapati Prayer
(gaṇapati prārthanā/ गणपति प्रार्थना)

गजाननं चारु विशालनेत्रं
मौञ्जीधरं मूषकवाहनं च ।
चतुर्भुजं चञ्चलकर्णयुग्मं
गणाधिपं शूलिसुतं भजेऽहम् ।।1।।

I pray to God Gaṇapati, who is elephant-faced with beautiful and wide eyes, who wears the thread made of muñja grass around the waist, who has the rat as his vehicle, who has four arms, and two ears always moving and who is the chief of gaṇas (a sect of gods), and who is the son of Śūlin (Śiva) [1].

(1)
Importance of water as an primordial element
(toya/ तोय)

आकाशादनिलस्ततोऽग्निरनलात्पाथांसि तेभ्यो मही ।2।
मह्या ओषधयस्ततोऽन्नमभवल्लोकस्ततो जीवति ।3।
तस्मादस्य जलस्य सम्प्रति गुणान् वक्ष्यामि संक्षेपतः ।4।

Space is the origin for air, air is the origin for fire, fire is the origin for water, water is the origin for earth, earth is the origin for plants (autotrophs) which form the subsistence material for the sustenance of the entire world. Due to its importance the properties of water are discussed priorly [3-4]. Space -> air -> fire ->water -> earth -> plants -> food source ->sustenance of the whole world.

(2)
Generic properties of water
(toyasāmānyaguṇāḥ/ तोयसामान्यगुणाः)

प्राणो भवेत्प्राणभृतां तु नीरं तस्माद्विना नश्यति जीवलोकः ।
तेनैव नित्यं सचराचरं च जगत्सजीवं भवति क्षणेन ।।5।।
सञ्जीवनं तर्पणमम्बु हृद्यमाह्लादनं बुद्धिविबोधनं च ।
विषघ्नमव्यक्तरसञ्च वृष्यं शीतं स्वभावादमृतोपमं च ।।6 ।।

Water is the life for all living creatures. Without water, the entire living world gets destroyed. It is due to the existence of water that all movable and immovable creatures of the world are always brought to life in a moment. Water is enlivening, satiating, good for the heart/comforting, refreshing, and stimulating the intellect. It pacifies poison. It has an unmanifested taste, is aphrodisiac, cold and by innate nature, and has properties similar to nectar [5-6].

(3)
Water types
(jala bhedāḥ/ जल भेदाः)

ऐन्द्रं पार्थिव फालमित्यभिहितं त्रेधाभिधानं यथा ।7।
ऐन्द्रं वृष्टिसमुत्थितं निगदितं भौमं तु कूपादिकम् ।8।
फालं मोचफलोद्भवं पुनरपि जलं चोक्तं चाष्टधा ।9।
दिव्यान्तरिक्षनादेयं सामुद्रं सारसं तथा ।10।
तौषारं कारकं चैव शौण्डं ताटाकमष्टधा ।11।
जलमेकविधं सर्वं पतत्यैन्द्रं नभःस्थलात् ।12।
तत्पतत्पतितं चैव देशकालावपेक्षते ।13।
खात्पतत्सोमवाय्वर्कैः स्पृष्टं कालानुवर्तिभिः ।14।
शीतोष्णस्निग्धरूक्षाद्यैर्यथासन्न महीगुणैः ।15।

Water is of three types: Aindram, Pārthivam and Phālam. Rainwater is known as Aindram; Water from wells, etc., is Bhaumam or Pārthivam; Water present in Mocaphala (silk cotton tree) is Phāla. Again, water is categorised into eight types, which are as follows: 1. Divyam (Antarikṣam-Rain-water), 2.Nādeyam (River water), 3. Sāmudram (Sea water), 4. Sārasam (from Lakes), 5. Tauṣāram (from snow/ dew), 6. Kārakam (hail rain/ ice pellets), 7. Śauṇḍam (puddles) and, 8. Tāṭākam (Pond water). The source of all types of water is rain from the sky. But it possesses different qualities based on land and time, also depends on the influence of the Moon, Sun and Wind during the time of fall and depends on the attributes like cold, hot, unctuouness, dryness, etc., of the land where it falls [7-15].

(4)

Rainwater

(ākāśagaṅgodakaguṇāḥ/ आकाशगङ्गोदकगुणाः))

गाङ्गं तु जीवनं हृद्यं ह्लादि बुद्धिप्रबोधनम् ।16 ।

तन्वव्यक्तरसं मृष्टं पीतं लघ्वमृतोपमम् ।17 ।

शैत्यजीवनसौम्यत्वात्पित्तरक्तविषार्तिजित् ।18 ।

Water directly collected from rain is rainwater. It is enlivening, good for the heart, refreshing, develops intellect, and is thin with unmanifest taste; when consumed, it is easily digested and has nectar-like properties. It is cold to touch, enlivening, cold in potency, and relieves diseases of pitta, blood and poison [16-18].

(5)

Examination of rainwater

(Gaṅgodakaparīkṣā/ गङ्गोदकपरीक्षा)

येनाभिमृष्टममलं शाल्यन्नं राजते स्थितम् ।

अक्लिन्नमविवर्णं च तत्तोयं गाङ्गमन्यथा ।।19 ।। (अ. हृ.)

Only rainwater, which keeps the boiled rice on a clean silver plate neither too moist nor changing its colour, is considered good for drinking; otherwise, it should be considered contaminated[19].

(6)

Ganges river water

(Bhāgīrathījalaguṇāḥ/ भागीरथीजलगुणाः)

गाङ्गं जलं पापहरं त्रिदोषान्

निहन्ति पथ्यं लघु दीपनञ्च (शीतलं च) ।

सुकान्तिकृत्सर्वमलापहारि

रुचिप्रदं वृष्यतमं मनोज्ञम् ।।20 ।।

The water of river Bhāgīrathi (Gaṅga) destroys all sins, alleviates all the three aggravated doṣa, is wholesome, easily digestible, kindles appetite and cold; It promotes good complexion, alleviates all impurities and waste material, enhances taste, is best aphrodisiac and pleasing to mind [20].

(7)

Yamuna river water

(Yamunodakaguṇāḥ/ यमुनोदकगुणाः)

कालिन्दीतोयं च पथ्यं सकलमलहरं दीपनं पापहारि ।

स्पर्शे वर्णे च हृद्यं वितरति सुतरामात्मचित्तप्रसादम् ।।21 ।।

मेधावृद्धिप्रदं तत्क्रमहरमनिशं रोचनं दोषहारि ।

स्वादु स्वर्णद्युतिजलदनिभं पेयमेतन्निदाघे ।।22 ।।

The water of River Kālindi (Yamuna) is wholesome, relieves all waste impurities, kindles appetite, and destroys all sins. It has a pleasant touch and colour. It improves intellect, removes fatigue, enhances taste, and alleviates aggravated doṣa. It is sweet, has a colour similar to a cloud with a golden lining (svarṇadyutijaladanibham) and is wholesome to consume in summer [21-22].

(8)

Narmada river water

(Narmadodakaguṇāḥ/ नर्मदोदकगुणाः)

नर्मदासलिलं स्वच्छं स्वादु वृष्यं मनोहरम् ।

त्रिदोषशमनं पथ्यं भिषग्भिरिति बोधि(चोदि)तम् ।। 23 ।।

Physicians describe the water of river Narmada as pure, clear, sweet, aphrodisiac, pleasing to mind and effective in alleviating all the three aggravated doṣa [23]

(9)

River water that flows westward

(Pratīcivāhinījalaṃ guṇaṃ/ प्रतीचिवाहिनीजलं गुणं)

पश्चिमोदधिगाश्शीघ्रगत्यश्चामलोदकाः । (अ. हृ.)

पथ्याः समासात्ता नद्यो विपरीतास्त्वतोऽन्यथा ।। 24 ।।

It is briefly stated that the water of rivers that flow into the western ocean (Arabian Sea), which are swift and have pure water (uncontaminated), is good for health. In contrast, it is the opposite (bad for health) if it is otherwise (water of rivers which flow into the eastern ocean (Bay of Bengal)) [24].

(*)

Another reading

(Pāṭhāntare/ पाठान्तरे)

निर्गन्धमव्यक्तरसं तृष्णाघ्नं शुचि शीतलम् ।

स्वच्छं लघु च हृद्यं च तोयं गुणवदुच्यते ।। 25 ।।

Water devoid of aroma and taste relieves thirst, is pure, cold, clear, easily digestible and pleasing to the heart (healthy), is considered wholesome[25].

(10)
Water in Godavari and Pranīta river
(Godāvaryudakaguṇāḥ/ गोदावर्युदकगुणाः)

गोदावरीवारि निहन्ति पित्तं श्लेष्मापहं वातकरं विशेषात् ।
शिरोगदं पाण्डुगदं च कुर्यात् तद्वत्प्रणीताजलमप्युशन्ति ।। **26** ।।

The water of Godāvari river alleviates pitta and kapha, but aggravates vāta, disorders of head and anaemia. The water of the Pranīta river also has the same qualities (of Godavari river water) [26].

(11)
Kāveri and Kṛṣṇaveṇī rivers
(Kāverīkṛṣṇaveṇī udakaguṇāḥ/ कावेरीकृष्णवेणी उदक गुणाः)

कावेरीकृष्णवेण्योस्सलिलमनिलहृत्पित्तलं श्लेष्मलं च ।
तद्वद्रुच्यं मनोज्ञं सकलमलहरं प्राणदं प्लीहनाशनम् ।। **27** ।।

The water of Kāveri river and Kṛshṇaveṇī river alleviates vitiated vāta, aggravates pitta and kapha, enhances taste, pleasing to mind, removes all impurities, wastes, sustains life and relieves disorders of spleen[27].

(12)
Sarasvati river
(Sarasvatījala guṇāḥ/ सरस्वतीजल गुणाः)

शीतं पुष्टि प्रदं तत्प्रियमपि हृदयाह्लादि सर्वेन्द्रियाणाम् ।
पीतं सारस्वतं विदधति पिबतां नित्यमारोग्यमायुः प्रमोदम् ।। **28** ।।
सरस्वतीजलं हृद्यं पापघ्नं सर्वकामदम् ।
त्रिदोषशमनं चैव स्वादु बृंहणमुत्तमम् ।। **29** ।।
सरस्वती वारि मतिप्रदं च त्रिदोषजारि ज्वरतापहारि ।
रुचिप्रदं कान्तिकरं च वृष्यं मनोज्ञमारोग्यकरं नराणाम् ।। **30** ।।

The water of Sarasvati river is cold, gives nourishment, is beloved, pleasing to the sense organs and heart, pure, promotes health, longevity and happiness to those who consume it. Water of Sarasvati is good for heart, destroys all sins, fulfils all desires, alleviates all the three aggravated doṣa; It is sweet, best among those which induce nourishment. The water of Sarasvati improves intellect, pacifies doṣa and pyrexia, enhances taste, complexion, is pleasing to mind, healthy and aphrodisiac[28-30].

(13)
Karatoya river
(Karatoyodaka guṇāḥ/ करतोयोदक गुणाः)

करतोयोदकं हृद्यं वातपित्तविनाशनम् ।
ईषत्कफहरं स्वादु रुचिकृद्बुद्धिवर्धनम् ।। **31** ।।

The water of Karatoya river is wholesome for the heart, relieves vāta, pitta and slightly kapha, is sweet, improves taste and intellect (Karatoya is the name of a river- Sarva Śabda Sambodhini)[31].

(14)
Tuṅgabhadra river
(Tuṅgabhadrodaka guṇāḥ/ तुङ्गभद्रोदक गुणाः)

तुङ्गभद्रोदकं पुण्यं स्वच्छं हृष्यं च शीतलम् ।
त्रिदोषशमनं पथ्यं सर्वपापहरम् शुभम् ।। **32** ।।

The water of River Tuṅgabhadra are righteous, uncontaminated, pleasing to heart (hṛśyaṁ) cold, alleviate tridoṣas, wholesome, destroys all sins and considered as auspicious[32].

(15)
Vañjara river
(Vañjarodakaguṇāḥ/ वञ्जरोदकगुणाः)

वातपित्तहरं स्वादु श्लेष्मकारि च शीतलम् ।
ब्रह्महत्यादिदोषघ्नं पैनाको नाम जीवनम् ।। **33** ।।

The water of Vañjara River or Pinākini River pacifies vāta and pitta, aggravates kapha, is sweet cold, destroys grave sins like killing of a brahmin (brahmahatya), etc. (Vañjara river and Pinākini river are considered as the same. Nowadays vañjara river is called as manjīra river in the region of Telangana, India)[[33].

(16)
Suvarṇamukahri river
(Suvarṇamukharīvāriguṇāḥ/ सुवर्णमुखरीवारिगुणाः)

सुवर्णमुखरीवारि श्लेष्मलं वातपित्तनुत् ।
स्वादु वृष्यं सुशीतम् च स्मरणात्सर्वपापनुत् ।। **34** ।।

The water of Suvarṇmukharī river aggravates kapha, alleviates vāta and pitta, has sweet taste, acts as aphrodisiac, is cold, and destroys all sins by mere contact[34].

(17)

Kampa river

(Kampodakaguṇāḥ/ कम्पोदकगुणाः)

कम्पोदकं हिमं स्वादु श्लेष्मलं रक्तपित्तनुत् ।

वातघ्नमव्यक्तरसं हृद्यं केश्यं च वर्णकृत् ।। **35** ।।

The water of Kampa river is cold, sweet, aggravates kapha, alleviates epistaxis and disorders of vāta, has unmanifest taste, good for heart, improves hair growth and enhances complexion[35].

(18)

Vaiha river

(Vaihodakaguṇāḥ/ वैहोदकगुणाः)

वैहानामनदीवारि त्रिदोषघ्नं तु शीतलम् ।

स्वादु हृष्यं हितं शैत्यं (केश्यं) बुद्धीन्द्रियबलप्रदम् ।। **36** ।।

The water of Vaiha river alleviates all the three doṣa, is cold, sweet, pleasing to heart, wholesome and imparts strength to hair, intellect and sense organs[36].

(19)

Bhavanāśinī river

(Bhavanāśinyudakaguṇāḥ/ भवनाशिन्युदकगुणाः)

संसारनाशिनीवारि श्लेष्मलं वातकृत्सदा ।

प्लीहकृत्स्वादु शैत्यं च कण्डूदद्रुविसर्पकृत् ।। **37** ।।

The water of Bhavanāśini river vitiates vāta, kapha, induce diseases of the spleen, pruritis, ring worm (dadru) and acute spreading eruptions[37].

(20)

Candrabhāga river

(Candrabhāgodakaguṇāḥ/ चन्द्रभागोदकगुणाः)

चन्द्रभागोदकं स्वादु हृष्यं हृद्यं च शीतलम् ।

श्लेष्मकं वातपित्तघ्नं कण्डूविस्फोटनाशनम् ।। **38** ।।

The water of Candrabhāga river is sweet, cold, pleasant, good for heart, vitiates kapha, relieves vāta, pitta, pruritus and bullae[38].

(21)

Sarayū river

(Sarayūvāriguṇāḥ/ सरयूवारिगुणाः)

सरयूवारि हृद्यं च त्रिदोषशमनं परम् ।

कल्हारगन्धं शैत्यं तु कामदं सर्वपापनुत् ।। **39** ।।

The water of Sarayu river is good for heart, effective in alleviating all the three aggravated doṣa, has aroma of kahlāra (water lily), is cold, fulfils desires and destroys all sins[39].

(22)

Bhīmarathi river

(Bhīmarathyudakaguṇāḥ/ भीमरथ्युदकगुणाः)

भीमरथ्याः कबन्धं च वातपित्तविकारनुत् ।

श्लेष्मलं स्वादु हृद्यं च शीतं तृष्णानिवर्तकम् ।। **40** ।।

The water of Bhīmarathi river alleviates vāta and pitta, aggravates śleṣma, is sweet, good for heart, cold and relieves thirst [50].

(23)

Vetravati river

(Vetravatyudakaguṇāḥ/ वेत्रवत्युदकगुणाः)

कबन्धं वेत्रवत्याश्च ज्वरकृत्कामलाप्रदम् ।

कण्डूकरं वातकरं च रक्तपैत्यविनाशनम् ।**41** ।

The water of Vetravati river induces fever, jaundice, pruritis and disorders of vāta; it relieves epistaxis[41].

(24)

Tāmraparni river

(Tāmraparṇījalaguṇāḥ/ ताम्रपर्णीजलगुणाः)

ताम्रपर्णीजलं वृष्यं त्रिदोषशमनं लघु ।**42** ।

The waters of Tāmraparni river is aphrodisiac, pacifies all the three vitiated doṣa and is easy to digest [42].

(25)

Malāpahāri water

(Malāpahāryudakaguṇāḥ/ मलापहार्युदकगुणाः)

मलापहारिकीलालं सन्निपातनिबर्हणम् ।

रोचनं दिपनीयं तु प्रसन्नं कुष्ठरोगनुत् ।।**43** ।।

Water of Malāpahāri alleviates the disease caused due to aggravation of vāta, pitta, kapha together known as sannipāta, improves taste and appetite, pleasing and relieves integumentary disease[43].

(26)

Swiftly flowing river water

(Veganadyudaka guṇāḥ/ वेगनद्युदक गुणाः)

नद्यः शीघ्रवहा लघ्व्यः प्रोक्ता याश्चामलोदकाः ।**44** ।(सु. सं.)

The water of the rivers, which flow swiftly, is easy to digest and uncontaminated[44].

(27)

Slowly flowing river water

(mandaveganadīguṇāḥ/ मन्दवेगनदीगुणाः)

गुर्व्यः शैवालसञ्छन्नाः कलुषा मन्दगाश्च याः ।45 । (सु. सं.)

The water of the rivers, which flow slowly, is hard to digest and is contaminated with the habitat of waterweeds, etc. [45].

(28)

Water in desert land

(Marudeśajalaguṇāḥ/ मरुदेशजलगुणाः)

प्रायेण मरुशु नद्यः सतिक्ता लवणान्विताः ।

ईषत्कषाया मधुराः लघुपाका बले हिताः ।। 46 ।।

The water in the rivers of the Marudeśa (land with less water resources) is bitter, salty with slight astringent and sweet, easily digestible, and improves strength[46].

(29)

Water originated from Śrīparvata

(Śrī parvatodaka guṇāḥ/ श्री पर्वतोदक गुणाः)

श्री पर्वतसमुद्भूतं पानीयं च त्रिदोषकृत् ।

पुण्यं पापहरं कण्डू क्रिमिज्वरकरं परम् ।। 47 ।।

Water originated from Śrīparvāta (Śrīśaila) aggravates tridoṣa, is righteous, destroys all sins, triggers pruritus, worm infestation and pyrexia[47].

(30)

Water in fields

(kedārodakaguṇāḥ/ केदारोदकगुणाः)

कैदारं न तु जलं कम्पं शीतं मारुतकोपकृत् ।

अपथ्यं स्वल्पमव्यक्तं न पेयं कुब्जकारकम् ।। 48 ।।

कैदारं मधुरं प्रोक्तं विपाके गुरु दोषलम् । 49 ।

Water in the fields induces tremors, cold and aggravates vāta; is unwholesome, has a slight unmanifest taste, is not fit for consumption, induces kyphosis; is sweet and heavy after digestion and vitiates the doṣa [48-49].

(31)

Water from canals

(kaulyavāriguṇāḥ/ कौल्यवारिगुणाः)

कौल्यं वारि कफापहं रुचिकरं पैत्यप्रशान्त्यै हितम् ।

शुद्धं कान्तिकरं मनोहरमपि प्रायेण तत्प्राणिनाम् ।। 50 ।।

Water in canals, artificial water ways generally pacify diseases of kapha and pitta, improves taste, is wholesome, pure, enhance complexion and is pleasing to the minds of all living beings [50].

(32)

Water flowing downward

(nimnagājalaguṇāḥ/ निम्नगाजलगुणाः)

पित्तश्लेष्मसमीरणापहरणं रुच्यं च शीतं लघु ।

स्वादु स्वल्पकषायवृत्ति सलिलं तन्निम्नगासम्भवम् ।। 51 ।।

Water of stream/waterfalls alleviate pitta, kapha and vāta; is tasty, cold, easy to digest, sweet and slightly astringent in taste [51].

(33)

Water in mountain area

(parvatoparigatajalaguṇāḥ/ पर्वतोपरिगतजलगुणाः)

पानीयं खलु पर्वतोपरिगतं सश्लेष्मवातप्रदम् ।

हृद्यं स्वादु सतिक्तपित्तहरणं दुर्गन्धकं पिच्छिलम् ।। 52 ।।

The water flowing downwards from the hills vitiates kapha and vāta. It is cardiotonic, sweet, slightly bitter, alleviates pitta, has unpleasant smell and is slimy [52].

(34)

Water Purified during the appearance of star Agastya

(haṃsodakaguṇāḥ / हंसोदकगुणाः)

तप्तं तप्तांशुकिरणैः शीतं शीतांशुरश्मिभिः ।

समन्तादप्यहोरात्र मगस्त्योदयनिर्विषम् ।। 53 ।।

शुचि हंसोदकं नाम निर्मलं मलजिज्जलम् ।

नाभिष्यन्दि न वा रूक्षं पानादिष्वमृतोपमम् ।। 54 ।। (अ. हृ.)

The water, which gets heated by the hot rays of the Sun during the day and cooled by the cool rays of the moon during the night, for many days (days and nights) continuously, has been detoxicated by the rise of the star Agastya; which is pure, uncontaminated and capable of mitigating the impurities is known as haṃsodaka. It neither causes obstruction nor dryness of the channels; such water is like an elixir for drinking and other purpose [53].

Explanation:

The star Agastya appears at the end of the rainy season and the beginning of autumn. Due to decreased rainfall, impurities are destroyed,

mud particles, etc, get settled at the bottom, and water gets purified. Water becomes wholesome due to continuous exposure to the rays of the Moon at night and to the rays of the sun at daytime. This water is known as haṃsodakam. This is very effective for the health of the body [54].

(*)
Variant text
(granthāntare/ ग्रन्थान्तरे)

अह्नि तप्तमहिमांशुरश्मिभिः शीतमम्बु शशिरश्मिभिर्निशि ।
एवमेतदहर्निशं स्थितं तच्च हंसजलनामकं स्मृतम् ।। **55** ।।
हंसोदकं त्रिदोषघ्नं हृद्यं लघु च शीतलम् ।
वृष्यं मनोहरं स्वादु विषघ्नं कान्ति कृत्परम् ।। **56** ।।

The water which is heated by the rays of the Sun in the day, cooled by the rays of the Moon at night is known as haṃsajala. haṃsodakam alleviates tridoṣa, is good for heart, easy to digest, cold, aphrodisiac, pleasing to mind, sweet, removes poison and effectively promotes complexion [55-56].

(35)
Rainwater
(antarikṣajala guṇāḥ/ अन्तरिक्षजल गुणाः)

गगनाम्बु त्रिदोषघ्नं निर्मलं मधुरं लघु ।
बृंहणं शीतलं वृष्यं विषघ्नं वीर्यवर्धनम् ।। **57** ।।

Rainwater alleviates three doṣa, it is uncontaminated, sweet, easy to digest, nourishing, cold, aphrodisiac, pacifies poison and improves the formation of sperm and semen. (ākāśa jala means rainwater collected directly in vessels before falling onto the ground. Four poles are placed in an open place with a clean cloth tied at the corners and a small stone placed in the centre as weight. Now the rainwater which falls on the cloth comes to the centre due to the weight of the stone and gets collected in the container placed below. This is very pure water [57].
(Dr B Rama Rao informs that he witnessed Rain water being collected in large Brass containers and used for 5 to 6 months by Mr Rajeswara Rao's family in his house at Reddypally near Kamareddy).

(36)
Water of Small Pond
(laghupalvalajalaguṇāḥ/ लघुपल्वलजलगुणाः)

चूलीजलं शुक्रविवर्धनं च सुखप्रदं पित्तकफानिलघ्नम् ।
सन्तर्पणं दाहतृषापहं च सन्दीपनं स्वच्छतरं लघिष्ठम् ।। **58** ।।

The water of laghu palvala (small pond) increases semen formation, imparts happiness, alleviates pitta kapha and vāta, promotes nourishment, relieves burning sensation, thirst; kindles appetite; extremely pure and easy to digest [58].

(37)
Shallow wells
(Śauṇḍajalaguṇāḥ/ शौण्डजलगुणाः)

कफवातकरं तु वारि शौण्डं कसनं पीनसमाममाशु कुर्यात् ।
गुरु पित्तहरं करोति जाड्यं जठराग्निं विनिहन्ति पीतमात्रम् ।। **59** ।।

Water of Śauṇḍaṃ (shallow wells) aggravates kapha and vāta, immediately triggers tussis, rhinitis and āma. It is hard to digest, pacifies pitta; On consumption induces laziness and diminishes digestive fire[59].

(38)
Pond water
(palvalāmbuguṇāḥ/ पल्वलाम्बुगुणाः)

तद्वत्पल्वलमम्बु मारुतकरं कुर्याच्च तत्पीनसम् ।
वह्नेस्सादनमादिशेद्गुरुतरं पित्तापहं शीतलम् ।**60** ।

In the same way, the water of palvala impairs vāta, induces rhinitis, diminishes digestive fire, etc.; extremely hard to digest, relieves pitta and is cold[60].

(39)
Pond water
(palvalāmbuguṇāḥ/ पल्वलाम्बुगुणाः)

तद्वत्पल्वलमुद्दिष्टं विशेषाद्दोषलं तु तत् ।**61** ।

The water of Palvalam (ditch) is like above and especially aggravates doṣa [61].

(40)
Natural lakes
(sārasavāriguṇāḥ/ सारसवारिगुणाः)

सारं सारसवारि तच्च सरसं सान्द्रं मरुच्छ्लेष्मकृत् ।
पित्तघ्नं गुरु वह्निसादनकरं साङ्गाहिकं शीतलम् ।**62** ।

Water in Sārasa (natural lakes) is tasty, thick, aggravates vāta and kapha, alleviates pitta, hard to digest, diminishes digestive fire, water absorbent and is cold [62]

(41)

Water of ponds, artificial tanks
(tāḍāgodakaguṇāḥ/ ताडागोदकगुणाः)

ताटाकमम्भोः मधुरं विशेषान्निहन्ति पित्तं कफवातकारि ।
प्राणप्रदं शान्तिकरं च रुच्यं वृष्यं मनोहरि च बृंहणञ्च ।**63** ।
कुल्योपनीतं परितः परीतं ताटाकमुक्तं तटबन्धनेन ।
ताटाकं वातलं स्वादु कषायं कटुपाकि च ।**64** ।

Water of Taṭāka (ponds /artificial tanks) is sweet, particularly alleviates pitta, aggravates kapha and vāta, essential for life, promotes peace, improves taste, aphrodisiac, pleasing to mind and is nourishing [63]. A pond is a reservoir that holds water collected from a small canal. This water aggravates vāta, is sweet and astringent in taste and pungent after digestion [64].

(42)

Water of wells
(pānayogyakūpajalaguṇāḥ/ पानयोग्यकूपजलगुणाः)

कौपं स्वादु त्रिदोषघ्नं लघु पथ्यं च सर्वद ।
कषायमीषन्मधुरं कफघ्नं पित्तानिलघ्नं लघु दीपनं च ।
कूपोदकं वर्षर्तौ हितं च प्रसूतिभाजामितिशस्तमाहुः ।**65** ।

Water from fresh-water wells alleviate all the three doṣa, easy to digest and always wholesome, astringent and slightly sweet in taste, kindles appetite. Water from wells is beneficial in rainy season and effective for post parturient women [65].

(43)

Water from salt water-wells
(kṣārakūpodaka guṇāḥ/ क्षारकूपोदक गुणाः)

कूपोदकं क्षारमतीव पित्तलं श्लेष्मानिलघ्नं लघु वह्निदीपनम् ।**66** ।

Water from saltwater wells is salty, vitiates pitta extremely, alleviates kapha and vāta, is easy to digest and stimulates digestive fire [66].

(44)

Water from stairwell
(vāpījalaguṇāḥ/ वापीजलगुणाः)

उष्णं श्लेष्ममरुन्निवारणकरं कायाग्निसन्दीपनम् ।
कुर्याद्भेदि च पित्तकारि सलिलं वापीसमुत्थं परम् ।। **67** ।।

Water from vāpī (stairwell) is hot, alleviates kapha and vāta, ignites digestive fire, aids purgation and induces diseases of pitta [67].

(45)

Water of hail rain
(karakodbhavajalaguṇāḥ/ करकोद्भवजलगुणाः)

अतिशीतं गुरु श्लेष्मवातलं करकोद्भवम् । **68** ।

The water of hail rain is extremely cold and hard to digest, aggravating kapha and vāta [68].

(46)

Snow water
(haimodakaguṇāḥ/ हैमोदकगुणाः)

हैमोदकं श्रमहरं मूर्छघ्नं पित्तनाशनम् ।**69** ।

Haimodaka (snow water) relieves physical exhaustion from fainting and alleviates pitta [69].

(47)

Flower-scented water
(puṣpānugaguṇāḥ/ पुष्पानुगगुणाः)

रक्तपित्तहरं चैव रूक्षं पुष्पानुगं हिमम् ।
सुगन्धमव्यक्तरसं शीतं तृष्णापहं लघु ।।**70** ।।

Flower-scented water (e.g. rose water) relieves epistaxis, is dry and cool, has a pleasant aroma, unmanifest taste, is cold, relieves thirst and is easy to digest [70].

(48)

Sea water
(samudrodakaguṇāḥ/ समुद्रोदकगुणाः)

सामुद्रं सलिलं त्रिदोषजनकं क्षारं सतिक्तं भृशम् ।
तीक्ष्णोष्णं कृमिकृद्बहिश्चिमिचिमां कुर्याद्विदाह्यन्तरे ।।**71** ।।

Sea water aggravates tridoṣa, it tastes alkaline, is slightly bitter, sharp, hot, removes worm infestation, externally causes irritation (cimicimāṃ) and internally (after consuming) causes burning sensation [71].

(*)
Variant text
(granthāntare/ ग्रन्थान्तरे)

सामुद्रमुदकं विस्रं सक्षारं सर्वदोषकृत् ।72 ।

Sea water has an unpleasant odour and salty/alkaline taste and vitiates all doṣa [72].

(49)
Water cooled after boiling
(śṛtaśītajalaguṇāḥ/ श्रृतशीतजलगुणाः)

अनभिष्यन्दि लघु च तोयं क्वथित शीतलम् ।
पित्त युक्ते हितं दोषे व्युषितं तत्त्रिदोषकृत् ।।73 ।।

Water boiled and cooled does not obstruct the channels, is easily digestible, and effectively relieves disorders due to vitiated pitta. When this water is contaminated, it aggravates all the three doṣa [73].

(*)
In the text of Bāhaṭa
(Bāhaṭe/ बाहटे)

दाहातिसारपित्तासृङ्मच्छर्छा मद विषार्तिषु ।
श्रृतशीतजलं शस्तं तृष्णाच्छर्दिभ्रमेषु च ।।74 ।।
दिवा तप्तं यदुदकं न पिबेन्निशि बुद्धिमान्
रात्रौ तप्तं च सलिलं प्रातरेव विवर्जयेत् । 75 ।
धातुक्षये रक्तविकारदोषे वान्तिश्रमे तोदविषग्रहेषु ।
जीर्णज्वरे शैथिलसन्निपाते जलं प्रशस्तं श्रृतशीतलं तु ।। 76 ।।

Water cooled after boiling is effective in alleviating burning sensation, diarrhoea, diseases of pitta and blood, fainting, intoxication, poison, thirst, vomiting, giddiness, consumption, diseases caused by vitiated blood, physical exhaustion, pains, poison, possession by evil spirits, chronic fever, flaccidity and fever caused by three vitiated doṣa. An intelligent person should avoid consuming water that is boiled during the day at night, water that is boiled at night should not be consumed the following morning [74-76].

(50)
Hot and cold-water mixture
(uṣṇaśītamiśritajalaguṇāḥ/ उष्णशीतमिश्रितजलगुणाः)

उष्णं शीतं च सलिलं विरुद्धं मिश्रितं च यत् ।77 ।

A blend of hot and cold water is incompatible and is unfit for usage [77].

(51)
Blended pond and well waters
(tāṭākakaupamiśritajalaguṇāḥ/ ताटाककौपमिश्रितजलगुणाः)

ताटाकं चाम्बु कौपं च न द्वयं मिश्रितं पिबेत् ।78 ।

It is not advisable to mix and use water from both ponds/tanks (tāṭākaṃ) and wells (kaupaṃ) [78].

(52)
Coconut water
(nārikelodakaguṇāḥ/ नारिकेलोदकगुणाः)

नारिकेलोदकं स्निग्धं स्वादु वृष्यं हिमं लघु ।
तृष्णापित्तानिलहरं दीपनं वस्तिशोधनम् ।।79 ।।

Coconut water is unctuous, sweet, aphrodisiac, cold, easy to digest, pacifies thirst, pitta and vāta, kindles appetite, and purifies the bladder [79].

(53)
Plantain water
(kadalījalaguṇāḥ/ कदलीजलगुणाः)

जलं कदल्या गुरु शीतवीर्यं तृष्णापहं दाहविनाशनं च ।
साङ्ग्राहिकं पित्तकफापहं तु मेहापहं शोणितपित्तहारि ।।80 ।।

Water collected from the plantain stem is hard to digest, cold in potency, relieves thirst and burning sensation, is water absorbent, alleviates pitta, kapha, polyuria and epistaxis [80].

(54)
Black plantain water
(kṛṣṇarambhājalaguṇāḥ/ कृष्णरम्भाजलगुणाः)

कृष्णरम्भाजलं हृद्यं त्रिदोषघ्नं तृषापहम् ।
मूत्रकृच्छ्रहरं स्वादु वृष्यं प्रदरनाशनम् ।।81 ।।

Water collected from the black plantain stem is good for the heart, it alleviates the three doṣa, thirst, dysuria and menorrhagia, is sweet and aphrodisiac[81].

(55)
Nepal plantain water
(nepālakadalījalaguṇāḥ/ नेपालकदलीजलगुणाः)

शैत्यं मेहहरं स्वादु नेपालकदलीजलम् ।
श्लेष्मलं वातपित्तघ्नं सोमरोगविनाशनम् ।।82 ।।

The water of Nepālakadalī (Nepal plantain) is cold and sweet, relieves polyuria, diseases of

vāta and pitta, leucorrhoea and vitiates kapha [82].

(56)
Rambhāsāra water (A type of banana)
(rambhāsāraguṇāḥ/ रम्भासारगुणाः)

रम्भासारं शीतलं ग्राहि तिक्तं तृड्दाहघ्नं मूत्रकृच्छ्रातिसारम् ।
मेहान् हन्ति स्फोटकं चास्रपित्तं चाक्षिस्रावं सोमरोगं निहन्ति ।83 ।

Water of Rambhāsāraṃ (Amrutapāni) is cold, water absorbent, bitter, alleviates thirst, burning sensation, dysuria, diarrhoea, diabetes, bullous eruptions (sphoṭakaṃ), epistaxis, opthalmic diseases and leucorrhoea [83].

(57)
Water processed with black kutch tree
(khadirajala guṇāḥ/ खदिरजल गुणाः)

खदिरतरुश्रृताम्भः सेवितं सर्वदोषान् क्रिमिजठररुग्जाल
हृत्कुष्ठगुल्मादिरोगान् ।
हरति सकलवातं वक्त्रजं रोगजात मरुचिमग्नि मान्द्यं स्थौल्यमेदोगदं च ।84 ।

Intake of water boiled with bark of black kutch tree- *Acacia catechu* (L.) Willd., Oliv. (khadira) is effective in treating all three vitiated doṣa, worm infestation, abdominal diseases, integumentary disease, abdominal lump, emaciation, all disorders due to vāta, disorders of the oral cavity, anorexia, diminished digestive fire and obesity[84].

(58)
Water processed with fig tree
(udumbarajalaguṇāḥ/ उदुम्बरजलगुणाः)

उदुम्बरजलं ग्राहि कषायं मधुरं लघु ।
दाहप्रमेहातिसार तृष्णासृग्गदिनां हितम् ।85 ।

Intake of water boiled with cluster fig tree-*Ficus racemosa* L. (udumbara) is water absorbent (causes constipation); astringent and sweet, easily digestible, effectively alleviates burning sensation, diabetes, diarrhoea, thirst and disorders of blood [85].

(59)
Palm water
(tālajalaguṇāḥ/ तालजलगुणाः)

तालजं तरुणं तोयं पित्तानिलहरं गुरु ।
तृष्णादाहार्दितानां च गुल्मासृग्गदिनां हितम् ।86 ।

The water of the young palm tree- *Borassus flabellifer* L. is hard to digest and alleviates pitta, vāta, thirst, burning sensation, facial paralysis, abdominal lump and disorders of blood [86].

(60)
Betel nut water
(pūgodakaguṇāḥ/ पूगोदकगुणाः)

पूगोदकं पुष्टिकरं कषायं कफनाशनम् ।
पित्तहृद्भेदि चक्षुष्यं पाण्डुप्रदरनाशनम् ।87 ।

The water of the betel nut tree- *Areca catechu* L, gives nourishment, is astringent in taste, alleviates diseases of kapha and pitta, aids purgation, good for eyes, relieves anaemia and menorrhagia[87].

(61)
Water processed with black plum
(jamūdakaguṇāḥ/ जम्बूदकगुणाः)

जम्बूदकं वातकरं कफपित्तविनाशनम् ।88 ।

Water processed with Black Plum-*Syzygium cumini* (L.) Skeels. (Jambu)aggravates vāta, alleviates kapha, pitta, all types of polyuria and diarrhoea[88].

(62)
Silk cotton tree water
(śarāvapuṣṭiguṇāḥ/ शरावपुष्टिगुणाः)

वातलं पित्तलं हृद्यं कफघ्नं वीर्यवर्धनम् ।
शरावपुष्टिपानीयं कषायं कुष्ठरोगनुत् ।।89 ।।

Water of Silk cotton tree- *Bombax ceiba* L. aggravates vāta and pitta, alleviates kapha, is cardiotonic improves semen formation and relieves integumentary disease [89].

(63)
Cold water
(śītodakaguṇāḥ/ शीतोदकगुणाः)

शीतोदकं पैत्यहरं श्रमघ्नं दाहं च मेहं च निहन्ति तृष्णाम् ।
मरुत्करं वृष्यमसृग्गदघ्नं मदात्ययग्लानिविषांश्च हन्ति ।।90 ।।

Cold water relieves pitta, physical exhaustion, burning sensation, polyuria, thirst, disorders due to blood, alcohol abuse, fatigue and poison; aggravates vāta and is aphrodisiac[90].

(64)

Importance of cold water

(śītodakapraśaṃsā/ शीतोदकप्रशंसा)

मूर्छापित्तोष्णदाहेषु विषे रक्ते मदात्यये ।91 ।

भ्रमक्लमपरीतेषु तमके वमथौ तथा

ऊर्ध्वगे रक्तपित्ते च शीतमम्भः प्रशस्यते ।। 92 ।। (सु. सं)

Cold water is recommended in fainting, diseases due to pitta, hot seasons, burning sensation, poison, disorders of blood, alcoholism, giddiness, exhaustion, feeling of darkness, vomiting and upward intrinsic haemorrhage[92].

(65)

Hot water

(uṣṇajalaguṇāḥ/ उष्णजलगुणाः)

उष्णं तोयं पाचनं भेदि पथ्यं हन्ति श्वासं कासमाध्मानमेतत् ।

हिक्कावातश्लेष्मगुल्मारुचिघ्नं हन्त्यष्ठीलां शूलहृद्दीपनं च ।। 93 ।।

Hot water improves digestion, aids purgation, wholesome, alleviates difficult breathing, tussis, distension, singultus, disorders due to vāta and kapha, abdominal lump, anorexia, prostatic enlargement, colic and kindles appetite[93].

(*)

Another reading

(pāṭhāntare/ पाठान्तरे)

दीपनं पाचनं कण्ठ्यं लघूष्णं वस्तिशोधनम् ।।94 ।।

हिध्माध्मानानिलश्लेष्मे सद्यःशुद्धि नवज्वरे ।

कासामपीनसश्वासपार्श्वरुक्षु च शस्यते ।। 95 ।।

Hot Water (Warm water) stimulates hunger, helps digestion, is good for the throat, is easily digestible, cleanses the urinary bladder, relieves hiccups, flatulence, and aggravation of vāta and kapha; is ideal on the day of purificatory therapy and for those suffering from nascent fevers, cough, āma (accumulation of undigested materials), running nose, dyspnoea and pain in the flanks [95-96].

(66)

Contra indications of cold water

(śītāmbuvarjyāḥ/ शीताम्बुवर्ज्याः)

पार्श्वशूले प्रतिश्याये वातरोगे गलग्रहे । 96 ।

आध्माने तिमिरे कोष्ठे सद्यश्शुद्धे नवज्वरे ।

हिक्कायां स्नेहपीते च शीताम्बु परिवर्जयेत् ।। 97 ।। (सु.सं)

Cold Water is contraindicated in those suffering from pain in the temporal region, coryza, diseases of vāta, throat diseases, distension, stiffened bowels, immediately after purificatory therapy, acute fever, singultus and after intake of unctuous substance (during pañcakarma procedures) [96-97].

(67)

Procedure of boiling water

(jalapākavidhiḥ/ जलपाकविधिः)

चतुर्भागावशेषं यत्तत्तोयं कफरोगजित् ।

तत्पादहीनं पित्तघ्नं हीनमर्धेन वातनुत् ।। 98 ।।

Water boiled to remain one-fourth, alleviates diseases of kapha; if one-fourth is boiled to reduce, i.e., three-fourths is remaining, it alleviates diseases of pitta; if boiled till half part remaining, it alleviates vāta [98].

(*)

Another reading

(pāṭhāntare/ पाठान्तरे)

अथ पवननिमित्ते तत्र भागावशिष्टं भवति कफनिमित्ते तच्चतुर्थावशिष्टम् ।

सलिलमपि च पैत्ये सार्धभागावशिष्टं त्विति सलिलविदिः

स्यात्सर्वरोगप्रशान्त्यै ।।99 ।।

पानीयं न तु पानीयं पानीयेऽन्यप्रदेशजे ।

अजीर्णे क्वथितं चामे पक्वे जीर्णेऽपि नेतरत् ।। 100 ।।

शीते विधिरयं तप्ते त्वजीर्णे शिशिरं त्यजेत् ।101 ।

Experts who are well versed with the usage of water state as follows: Water boiled till one part is left over is effective in diseases of vāta, till four parts left is good in diseases of kapha and half part left for diseases of pitta. A person of one area should not drink water from another until the former is digested. Similarly, one should not consume non-boiled water till the previously consumed boiled water is digested. Even if digested, one should not drink without eating

and vice-versa. Cold water should not be consumed in indigestion [99-101].

(68)

Water processed with herbs
(auṣadhapakvajala guṇāḥ/ औषधपक्वजल गुणाः)

केवलं सौषधं पक्व माममुष्णं हितं च तत् ।
समीक्ष्य मात्रया युक्त ममृतं विष मन्यथा ।। **102** ।।

Water boiled with herbs induces heat and is effective in diseases of Āma. After careful consideration of the pros and cons, the water should be used in appropriate dosage, then it works like nectar otherwise, it acts similar to poison[102].

(69)

Importance of water
(udakapraśaṃsā/ उदकप्रशंसा)

पानीयं प्राणिनां प्राणं विश्वमेव च तन्मयम् ।
अतोऽत्यन्तनिषेधेन न क्वचिद्वारि वार्यते ।। **103** ।।
आस्य दोषाङ्गसादाद्या मृत्युर्वा तदलाभतः ।
न हि तोयाद्विना वृत्तिः स्वस्थस्य व्याधितस्य वा ।। **104** ।।

Water is the source of life for all living beings. The existence of the whole world depends on water. So, water is never contraindicated. In the unavailability of water, there is dryness of mouth, the pain of body parts, and finally may lead to death. Neither the healthy nor the sick can survive without water[103-104].

(70)

Water heated by sunlight
(ātapataptajalaguṇāḥ/ आतपतप्तजलगुणाः)

आदित्यकिरणैस्तप्तं जीवनं श्लेष्मवातनुत् ।
अकण्ठ्यं पित्तलं भेदि शुक्लकृत्पाण्डुरोगजित् ।। **105** ।।

Water heated by the rays of the Sun is enlivening, alleviates kapha and vāta, unhealthy for throat, aggravates pitta, aids purgation, increase semen production and treats anaemia [105].

(71)

Excessive water intake
(jala-atiyogaguṇāḥ/ जलातियोगगुणाः)

अतियोगेन सलिलं तृष्यतोऽपि प्रयोजितम् ।
प्रयाति श्लेष्मपित्तत्वं ज्वरितस्य विशेषतः ।। **106** ।।
वर्धयत्यामतृण्णिद्रातन्द्राध्मानाङ्गगौरवम् ।
कासाग्निसादहृल्लासप्रसेकश्वासपीनसान् ।। **107** ।।
स्वादु पाके हिमं वीर्ये कदुष्णमुपयोजितम् ।
तस्मादयोगपानेन लाघवं न वि(नापि)योजयेत् ।। **108** ।।

Intake of excess water, even in case of thirst, gives rise to diseases of kapha and pitta, especially in patients suffering from pyrexia. It also induces Āma, thirst, sleep, drowsiness, distension of the abdomen, heaviness of the body, cough, diminution of digestive fire, nausea, salivation, difficulty breathing and rhinitis. Water with a sweet taste and cold potency is made warm and used for drinking to give lightness to the body. It does not give rise to any diseases [106-108].

(72)

Excessive water intake
(adhikāmbupānaguṇāḥ/ अधिकाम्बुपानगुणाः)

अत्यम्बुपानान्न विपच्यतेऽन्न मनम्बुपानाच्च स एव दोषः ।
तस्मान्नरो वह्नि विवर्धनाय मुहुर्मुहुर्वारि पिबेदभूरि ।।**109** ।।
(भा.प्र)
पिबेद्घटसहस्राणि यावदस्तमयं रवेः ।**110** ।
निशि भोजनवेलायां स्वल्पमप्युदकं विषम् ।
गण्डूषमाचरेद्रात्रौ तृष्णावान् शीतलैर्जलैः ।। **111** ।।

Food is not digested properly due to excess or low intake of water. So, one should drink water frequently (repeatedly) and not in excess quantity to enhance fire (digestion). One can drink even a thousand pots of water before sunset. But at night, during dinner, even a little intake of water is similar to poison. In case of thirst at night, one should gargle with cold water [109-111].

(73)

Intake of water during a meal
(bhojanādimadhyāvasānajalapānaguṇāḥ/ भोजनादिमध्यावसानजलपानगुणाः)

भुक्तस्यादौ जलं पीत मग्निसादं कृशाङ्गताम् ।**112** ।
अन्ते करोति स्थूलत्वमूर्ध्वमामाशयात्कफम् ।
मध्ये मध्यगतं साम्यं धातूनां जरणं सुखम् ।।**113** ।।

Drinking water before a meal diminishes digestive fire and induces emaciation; at the end of the meal, it imparts obesity and vitiates kapha in the upper abdomen. Drinking water in

between (morsels) causes equilibrium of tissues and helps in easy digestion[112-113].

(74)

Water in marshy lands

(anūpodakaguṇāḥ/ अनूपोदकगुणाः)

अनेकदोषमानूपं वार्यभिष्यन्दि च गर्हितम् ।**114** ।(सु.सं)

Water of marshy land has many defects, causes obstruction of channels and as such is despicable/repulsive [114]

(75)

Water in arid zone

(jāṅgalodakaguṇāḥ/ जाङ्गलोदकगुणाः)

एभिर्दोषैरसंयुक्त मनवद्यं तु जाङ्गलम् ।**115** ।(सु.सं.)

On the contrary, the water of the arid zone is free from these ill effects and is harmless (i.e., wholesome and good) [115].

(76)

Water in the moderate zone

(sādhāraṇodakaguṇāḥ/ साधारणोदकगुणाः)

दीपनं स्वादु शीतं च तोयं साधारणं लघु ।**116** ।(सु.सं)

Water of moderate land kindles appetite, sweet, cold and easy to digest [116].

(77)

Contraindications of cold water

(udakavarjyāḥ/ उदकवर्ज्याः)

तेजसः प्रतिपक्षत्वान्मन्दाग्निर्वर्जयेज्जलम् ।**117** ।

Fire and water are incompatible with each other. So, one with diminished digestive fire should avoid water (consuming excess water) [117].

(78)

Indications for less water intake

(mandapānayogyāḥ/ मन्दपानयोग्याः)

सर्वमेव तथा स्यन्दप्लीहविद्रधिगुल्मिनः ।

पाण्डूदरातिसारार्शो ग्रहणीदोषशोषिणः ।।**118** ।।

कुष्ठमेहप्रतिश्याय ज्वरारुच्यक्षिरोगिणः ।

काममल्पमशक्तौ च पेयमौषधसङ्गतम् ।। **119** ।।

ऋते शरन्निदाघाभ्यां पिबेत्स्वस्थोऽपि चाल्पशः ।**120** ।

One should drink less quantity of water or that boiled with drugs for diseases of the spleen, abscess, abdominal lump, anaemia, ascites, diarrhoea, haemorrhoids, diseases of the lower gastrointestinal tract, emaciation, integumentary disease, polyuria, rhinitis, pyrexia, anorexia and ophthalmic diseases. In all seasons except autumn and summer, healthy people should drink less water [118-120].

(*)

Another reading

(pāṭhāntare/ पाठान्तरे)

अरोचके प्रतिश्याये प्रसेके श्वयथौ क्षये ।**121** ।

मन्दाग्नावुदरे कुष्ठे ज्वरे नेत्रामये तथा ।

व्रणे च मधुमेहे च पानीयं मन्दमाचरेत् ।।**122**।। (सु.सं.)

In the text of Suśruta, it is stated that water should be taken in less quantity in cases of anorexia, coryza, increased salivation, oedema, wasting, diminished Agni, ascites, integumentary disease, pyrexia, diseases of the eye, wound/injuries and in diabetes [121-122].

(*)

Variant text

(granthāntare/ ग्रन्थान्तरे)

अक्षिरोगे ज्वरे कुष्ठे प्लीहे गुल्मे च पीनसे ।

अरोचके प्रमेहे च शोफे मन्दाग्नौ च व्रणे ।। **123** ।।

कासे श्वासे क्षये चैव शूलरोगविषूचिकान् ।

गलरोगे ह्यतीसारे पानीयं मन्दमाचरेत् ।। **124** ।।

In other treatises, it is stated that water is to be taken in less quantity in ophthalmic diseases, pyrexia, integumentary disease, splenic diseases, abdominal lump, rhinitis, anorexia, diabetes, oedema, diminished digestive fire, wounds, cough, difficult breathing, consumption, abdominal colic, acute gastroenteritis, throat disorders and diarrhoea [123-124].

(79)

Water to be discarded

(varjanīyajalam/ वर्जनीयजलम्)

क्रिमिकीटपत्रपङ्कशङ्कतृणलूताविषदुर्गसङ्गतं च ।

प्रपिबेन्मतिमान्न जातु तोयं यदि पीतं विदधाति रोगमाशु ।। **125** ।।

न पिबेत्पङ्क शैवाल तृणपर्णादिनास्तृतम् ।**126** । (अ.हृ)

सूर्येन्दुपवनास्पृष्ट(दृष्ट)मभिवृष्टं घनं गुरु ।

फेनिलं जन्तुमत्तप्तं दन्तग्राह्यतिशैत्यतः ।। **127** ।।

अनार्तवं च यद्दिव्यमार्तवं प्रथमं च यत् ।

लूतादितन्तुविण्मूत्र विषसंश्लेषदूषितम् ।। **128** ।।

तत्कुर्यात्स्नानपानाभ्यां स हिध्मानुदरज्वरान् ।**129** । (अ.हृ)

An intelligent person should not consume water which is dirty/impure with the habitat of worms, insects, leaves, mud, shells, grass, spiders and poison. If consumed, it causes disease immediately. That water, which is dirty, is mixed with slush, algae, weeds, and leaves, which is not exposed to sunlight and wind, which is a blend of old and fresh, which is thick, not easily digestible, frothy, containing worms, hot (by nature), causes tingling of teeth being very cold, rainwater which is unseasonal or though seasonal that of the first rain (before the appearance of the Agastya nakṣatra), that which is contaminated with the webs, saliva, urine and faeces of spider, etc and such other poisonous materials should not be used for bathing and drinking. If used, it induces singultus, ascites and pyrexia[125-129].

(*)

Variant text

(granthāntare/ ग्रन्थान्तरे)

दुर्गन्धं नवमिश्रितं गुरु घनं डिण्डीरपिण्डोत्कटम् ।
दन्तग्राह्यतिशैत्यतः क्रिमिकुलं रत्याकुलं पङ्किलम् ।।**130** ।।
चन्द्रादित्यसमीरणैर्विरहितं पर्णैस्तृणैरावृतम् ।
निस्सारं कलुषं जलं परिहरेत्पानाय सम्मर्दितम् ।।**131** ।।

Water which has an unpleasant smell, a blend of old and fresh water, which is hard to digest, thick, which is frothy, which causes tingling of teeth due to coldness, which has worms, impurities, slush, which is not exposed to the Moon, Sun and Wind, which has leaves, grass, which is devoid of nutrients and that which is mixed with impurities should be avoided for drinking [130-131].

(80)

Intake of water in accordance with the six seasons

हेमन्तेशिशिरे तटाकसलिलं पेयं वसन्ते ऋतौ ।
हंसाख्यं सलिलं निदाघसमये पेयं नदीनां जलम् ।।**132** ।।
कौपं प्रावृषि वारि सारसलिलं पेयं घनान्ते ऋतौ ।
पेयं षट्सु ऋतुष्वयं नियमतः पानीयपानक्रमः ।।**133** ।।
पानीयं पानीयं शरदि वसन्ते च पानीयम्।
नादेयं नादेयं शरदि वसन्ते च नादेयम् ।।**134** ।।

Procedure of water intake according to six seasons: In early winter, late winter and spring, water from taṭāka (artificial ponds) should be used for drinking. In summer, haṃsodakaṃ or river water is to be consumed. In the rainy season, water from wells (kaupaṃ) and in autumn, water from sārasa (natural lakes) is to be used for drinking[132-133].

High water intake is advisable in spring and autumn seasons whereas river water is contraindicated in the afore said seasons[134].

(81)

Examination of water

(udaka parīkṣā/ उदक परीक्षा)

परीक्षालक्षणं वक्ष्ये सलिलस्य प्रयत्नतः ।
मौनी सूर्योदये गत्वा गृहीत्वा जलमानयेत् ।।**135** ।।
तच्च राजतपात्रस्थं शाल्यन्नेन परीक्षयेत् ।
अमालिन्यमदुर्गन्धमस्निग्धं सान्द्र वर्जितम् ।।**136** ।।
एवं संशोधितं यत्नात्तत्पिबेदम्बु बुद्धिमान् ।
यद्येवं च पिबेत्तोयमन्यथा तत्परिवर्जयेत् ।। **137** ।।

Now the procedure of examining water is described. After embracing a vow of silence, one should go to the river before Sunrise and fetch water. Now place water in a silver bowl with Sāli rice and subject it for test. A wise person should know that the water is pure if it is free from impurities, foul odour, unctuousness and viscosity. If it is pure it is fit for usage but if otherwise it should be discarded[135-137].

(82)

Contraindications for hot water

(uṣṇāmbuvarjyāḥ/ उष्णाम्बुवर्ज्याः)

पित्ते कुष्ठे च लूतायां गण्डमालासु कामले ।
बाले वृद्धे चाक्षिरोगे ग्रीष्मे च विषपानके ।।**138** ।।
गुदपाके मेढ्रपाके मुखपाके हलीमके ।
गर्भिण्यां च विशेषेण वर्जयेदुष्णतोयदः ।।**139** ।।

Intake of hot water is contra-indicated to those suffering from diseases of pitta, integumentary disease, toxicity due to spider venom, scrofula, jaundice, in children and old aged people, ophthalmic diseases, in summer season, toxicity due to intake of poison, proctitis, inflammation of the penis, stomatitis, jaundice complicated with

fever and especially in pregnant women[138-139].

(83)

Incompatibility between different waters blended

(uṣṇaśītajalamiśraṇam/ उष्णशीतजलमिश्रणम्**)**

उष्णं शीतं च सलिलं विरुद्धं मिश्रितं च यत् ।
ताटाकमम्बु कौपं च न द्वयं मिश्रितं पिबेत् ।।**140** ।।

Intake of incompatible combination/mixture of hot and cold water, pond and well-water is contra-indicated[140].

इति द्रव्यरत्नावल्यां तोय वर्गः

Here ends the description of the category of water from various sources in Dravyaratnāvali.

2.MILK GROUP

Kṣīravarga / क्षीरवर्गः

Here is the description of different categories of milk.

(1)
Milk
(sāmānyakṣīraguṇāḥ/ सामान्यक्षीरगुणाः)

क्षीरं गुरु श्लेष्मकरं विशेषात् पित्तानिलघ्नं मधुरं च वृष्यम् ।
स्निग्धं परं च रुच्य मायुष्करं दीपनमामनन्ति ।।1।।
आजान्मसात्म्यात्पयसोऽमृतेन साम्याच्च दध्यादिषु कारणत्वात् ।
रसायनत्वादत एव वक्ष्ये क्षीरस्यवर्गं सकलेषु पूर्वम् ।।2।।

Milk is hard to digest, vitiates kapha, especially mitigates pitta and vāta, is sweet, aphrodisiac, unctuous, nourishes, improves taste, promotes longevity, and kindles appetite. Importance is given to the group of milk and is narrated first because it is habituated since birth and is similar to nectar, a source of curd and due to rejuvenation properties [1-2].

(2)
Cow milk
(gavyapayaḥ/ गव्यपयः)

स्वादुपाकरसं स्निग्धमोजस्यं धातुवर्धनम् ।
वातपित्तहरं वृष्यं श्लेष्मलं गुरु शीतलम् ।।3 ।। (अ.हृ.)
प्रायः पयोऽत्र गव्यन्तु जीवनीयं रसायनम् ।
क्षतक्षीणहितं मेध्यं बल्यं स्तन्यकरं परम् ।।4 ।।
श्रमभ्रममदालक्ष्मी श्वासकासाति तृड्क्षुधः ।
जीर्णज्वरं मूत्र कृच्छ्रं रक्तपित्तं च नाशयेत् ।।5 ।।

Cow milk is sweet and also at the end of digestion, unctuous, invigorating, promotes tissue development, mitigates vāta and pitta, is aphrodisiac, increases kapha, hard to digest and is cold. When referring to milk, cow milk is generally considered. It promotes long life, aids rejuvenation, is good for those who are emaciated due to chest injury; promotes intellect, strength and breast milk; removes physical exhaustion, giddiness, intoxication, inauspiciousness, difficulty in breathing, cough, severe polydipsia, hunger, chronic fevers, dysuria and bleeding diseases [3-5]. Note: A.H.'s first two lines of śloka describe general milk. The last word of the fourth line is mentioned as "saram (laxative)" whereas in Dravyaratnavali the word mentioned is Param

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

पयो गव्यं नृणां श्रमरुधिरपित्तभ्रमहरम् ।
क्षयालक्ष्मीगुल्मप्रदर गर पाण्ड्वामयहरम् ।।6 ।।
यकृत्कास श्वास श्वयथु जठरप्लीहशमनम् ।
तृषादाहौ मूर्छाज्वरवमनमप्याशु शमयेत् ।।7 ।।

Cow milk is effective in alleviating physical exhaustion, epistaxis, giddiness, consumption, inauspiciousness, abdominal lump, menorrhagia/metrorrhagia, artificial poison, anaemia, hepatic diseases, cough, difficulty in breathing, oedema, abdominal diseases, splenic disorders, polydipsia, burning sensation, fainting, pyrexia and vomiting [6-7].

(*)
Variant text
(Granthāntare/ ग्रन्थान्तरे)

गव्यं दुग्धं हन्ति वातं च पित्तं स्निग्धं पथ्यं श्लेष्मलं स्वादु पाके ।
शुद्धं बल्यं वृष्यमोजस्करं च भ्रान्तिं चित्ते हन्ति जीर्णज्वरघ्नम् ।।8 ।।

Cow milk pacifies vāta and pitta, is unctuous, wholesome, vitiates kapha, sweet at the end of digestion, pure, imparts strength, aphrodisiac, promotes ojas (invigorating), alleviates confusion of mind and chronic fever[8].

(3)
Milk of white and black cow
(dhavala, kṛṣṇa dhenudugdham/ धवल, कृष्ण धेनुदुग्धम्)

पुष्टिकृद्धवलधेनुदुग्धकं वर्ण्यमायुरपि कृष्णगोपयः ।9।

Milk of white cow imparts nourishment and that of black cow promotes good complexion and longevity of life[9].

(4)

Milk of red coloured cow
(raktadhenubhavadugdham/ रक्तधेनुभवदुग्धम्)

रक्तवृद्धिविषनाशने हितं रक्तधेनुभवदुग्धमिष्यते ।10 ।

The milk of red coloured cow aids development of blood and effectively alleviates poison [10].

(5)

Milk of yellow coloured cow
(pītadhenubhavadughdam/ पीतधेनुभवदुग्धम्)

पीतात् क्षीरं पीतमात्रं तु वृष्यं चक्षुष्यं च प्रायशः प्राणिनां तत् ।11 ।

Intake of milk of yellow cow acts as instant aphrodisiac, good for eyes [11].

(6)

Milk of cow with variegated colours
(citravarṇadhenudugdham/ चित्रवर्णधेनुदुग्धम्)

चित्रा धेनोस्सर्वरोगप्रणाशं वृष्यं क्षीरं क्षीणदेहे हितं च ।12 ।

The milk of cow with variegated/multicoloured body alleviates all types of diseases, acts as an aphrodisiac and is effectively useful to the emaciated body [12].

(7)

Milk of cow fed on sesame flour
(piṇyākabhakṣa dhenu dugdham/ पिण्याकभक्ष धेनु दुग्धम्)

पिण्याकभक्ष्यं गोक्षीरं गरीयं कफशूलकृत् ।13 ।

The milk of cows fed on Sesame flour, is hard to digest, generates diseases due to kapha and causes colicky pain [13].

(8)

Milk from cows fed on dry grass
(śuṣka ghāsāśanānāṃdhenu dugdham/ शुष्क घासाशनानांधेनु दुग्धम्)

शुष्क घासाशनानां च क्षीरं दोषत्रयापहम् ।14 ।

The milk of cow which is fed on dried grass mitigates three doṣas [14].

(9)

Milk from cows fed on green grass
(haridghāsāśanānāṃ dhenu dugdham/ हरिद्घासाशनानां धेनु दुग्धम्)

हरिद्घासाशनानां तु क्षीरं दोषकरं परम् ।15 ।

The milk of cow which is fed on green grass vitiates doṣas [15].

(10)

Milk of cow fed on rice-wash water
(taṇḍulīdhautatoya-aśana-dhenu dugdham/ तण्डुलीधौततोय-अशन-धेनु दुग्धम्)

तण्डुलीधौततोयं च पिबन्तीनां पयः परम् ।
पीनसारुचि हृल्लासं करोति गुरुदोषलम् ।।16 ।।

The milk of cow, which is fed on rice-wash water or gruel made of leftover rice and other ingredients viz., til oil cake etc. (kuditi (Telugu)), initiates rhinitis, anorexia and nausea, vitiates doṣa and is hard to digest [16].

(11)

Milk of primiparous cow
(prathamaprasūta dhenu dugdham/ प्रथमप्रसूत धेनु दुग्धम्)

धेनोश्च दुग्धं प्रथमप्रसूतेः पुष्टिं प्रदत्ते विनिहन्ति पित्तम् ।
स्याद्द्विप्रसूतेरनिलापहारि धेनोस्तृतीयन्तु कफानिलघ्नम् ।।17 ।।
चतुः प्रसूतेस्तु पयस्त्रिदोषान् निहन्ति दोष त्रयकृत्तदूर्ध्वम् ।18 ।

The milk of primiparous cow/ conceived for the first time, imparts nourishment and mitigates pitta, that after second delivery pacifies vāta, that after third pregnancy relieves kapha and vāta, that after fourth alleviates tridoṣa and there-after vitiates three doṣa [17-18].

(12)

Cow milk based on age
(vayobhedena gopayoguṇāḥ/ वयोभेदेन गोपयोगुणाः)

बालानां बालवत्सानां शुक्लानां वातहृत्पयः ।
मध्यानां मध्यवत्सानां कृष्णानां पित्तनाशनम् ।।19 ।।
वृद्धानां वृद्धवत्सानां शोणानां श्लेष्मनुद्वाम् ।20 ।

Properties of milk depend on the age of the cow. The milk of a young cow, that with a young calf and that which is white, alleviates vāta. Milk from mid-aged/adult cows, that with mid-aged/adult calves, and that with black-coloured bodies mitigate pitta. Milk of an aged/ old cow, that with an aged calf and that which has a red body, relieves kapha [19-20].

(13)
Buffalo milk
(mahīṣīpayaḥ/ महीषीपयः)

क्षीरं गरीयो महीषीसमुत्थं कफप्रदं वृष्यतमं मनोज्ञम् ।
सुस्वादुपाके मधुरं च बल्यं निद्राकरं पित्तहरं विशेषात् ।।21 ।।
अत्यग्निहृत्पुष्टिकरं नराणां तच्छीतवीर्यं प्रवदन्ति सन्तः ।22 ।

As narrated by the well learned, buffalo's milk is hard to digest, vitiates kapha, extremely aphrodisiac and pleasing to mind, very sweet/tasty, sweet after digestion, strengthening, induces sleep, pacifies pitta, diminishes digestive fire, promotes nourishment and is cold in potency [21-22].

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

महाभिष्यन्दि मधुरं माहिषं वह्निसादनम् ।
निद्राकरं शीतकरं विद्यात्स्निग्धतमं गुरु ।।23 ।।

Buffalo's milk induces excess secretions and causes extreme channel obstruction, is sweet, inhibits digestive fire, induces sleep, is cold, and is extremely unctuous and hard to digest [23].
Note: Same śloka is given in Su.Su. 45/55,56 except for two words Vahninānasanam/ Vahnisādanam' gavyāth/vidyāth.

(14)
Goat milk
(ajāpayo guṇāḥ/ अजापयो गुणाः)

अनभिष्यन्दि मधुरमाजं नातिहिमं लघु ।
कषायतिक्तानुरसं कासदोषज्वरापहम् ।।24 ।।

Goat's milk neither obstructs the channels by producing excess secretions nor is very cold, easy to digest, astringent and bitter, mitigates cough, oedema and pyrexia [24].
Note: śloka given mentions doṣāpaha, whereas, in A.H., it is mentioned as śoṣa. Hence it may be treated as śoṣāpaha= destroyer of consumption).

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

अल्पाम्बुपानव्यायाम कटुतिक्ताशनैर्लघु ।
आजं शोष ज्वरश्वासरक्तपित्तातिसारजित् ।।25 ।।
आजं पयः पथ्यतमं क्षतातिसारकासिनाम् ।
कटुतिक्ताशनादल्पतोयपानाध्वयानतः ।।26 ।।

Due to less intake of water, more physical exercise and eating food which is pungent and bitter, goat's milk is easy to digest, useful in emaciation, pyrexia, difficult breathing, epistaxis and diarrhoea; it is extremely wholesome in thoracic trauma, diarrhoea and cough [25-26].

(*)
Variant text
(granthāntare/ ग्रन्थान्तरे)

आजं क्षीरं दीपनं ग्राहि पथ्यं बल्यं चोष्णं स्वादु दोषत्रयघ्नम् ।
कासं श्वासं रोगराजं निहन्ति किञ्चित्स्निग्धं चातिसारज्वरघ्नम् ।।27 ।।

Goat's milk kindles appetite, is water absorbent, wholesome, strengthening, hot, sweet, slightly unctuous, pacifies tridoṣa, cough, difficulty in breathing, tuberculosis, diarrhoea and pyrexia [27].

(15)
White goat milk
(śvetājadugdhaṃ/ श्वेताजदुग्धं)

श्वेताजदुग्धं कफकृद्वातपैत्यहरं विदुः ।28 ।

Milk of white goat aggravates kapha, mitigates vāta and pitta [28].

(16)
Colājadugdhaṃ
(colājadugdhaṃ/ चोलाजदुग्धं)

चोलाजदुग्धं गुरुशीतवीर्यं स्निग्धं च वृष्यं कफकृन्मरुदघ्नम् ।
स्याद्बृंहणं पिच्छिलमेव सान्द्रं निहन्ति वह्निं कृमिकृद्बलाढ्यम् ।।29 ।।

Milk of colāja is hard to digest, cold in potency, unctuous, aphrodisiac, vitiates kapha, mitigates vāta, imparts nourishment and strength, is slimy, dense, inhibits digestive fire, triggers worm infestation [29].

(17)
Sheep's/ewe's milk
(āvika dugdham/ आविक दुग्धम्)

आविकं गुरु बलासकारणं पित्तलं पवननाशनं परम् ।30 ।

Milk of sheep is hard to digest, vitiates kapha and pitta, pacifies vāta [30].

(18)
Black sheep's milk
(kṛṣṇāvika dugdham/ कृष्णाविक दुग्धम्)

कासघ्नं नातिशीतोष्णमहृद्यं कृष्णमाविकम् ।
वातव्याधिहरं हिध्माश्वासपित्तकफप्रदम् ।।31 ।।

Milk of black sheep relieves cough, is neither very cold nor hot, not good for heart, pacifies diseases due to vāta, hiccough and difficult breathing; aggravates pitta and kapha [31].

(19)
White sheep's milk
(sitāvika payaḥ/ सिताविक पयः)

दीपनं कफविकारनाशनं पित्तकृद्गुरु सितविकं पयः ।32 ।

Milk of white sheep kindles appetite, mitigates diseases due to kapha, aggravates pitta and is hard to digest [32].

(20)
Milk from heavy woolly sheep
(kambalāvikapayaḥ/ कम्बलाविकपयः)

कम्बलाविकपयस्सुशीतलं श्लेष्मकृत्पवनपित्तनाशनम् ।33 ।

Milk of sheep which yields more wool is cold, aggravates kapha, alleviates vāta and pitta. (Well grown/matured lamb is known as kambalāvika) [33].

(21)
Breast milk
(nārīkṣīraṃ/ नारीक्षीरं)

नारीक्षीरं शीतलं बृंहणं च स्निग्धं बल्यं पिच्छिलं स्वादु वृष्यम् ।
नेत्ररोगं सन्निपातं निहन्यातृड्दाहघ्नं रक्तपित्ते प्रशस्तम् ।।34 ।।
नस्येन रक्तपित्तघ्नं तर्पणेनाक्षिशूलजित् ।
पयोऽभिष्यन्दिगुर्वामं क्षीरादन्यत्र मानुषात् ।।35 ।।
नारीणां मधुरं क्षीरं कषायानुरसं हिमम् ।
नस्याश्च्योतनयोः पथ्यं जीवनं लघु दीपनम् ।।36 ।।

Breast milk is cold, nourishing, unctuous, strengthening, slimy, sweet, aphrodisiac, alleviates ophthalmic diseases, pyrexia caused by tridoṣa, effective in polydipsia, burning sensation and bleeding diseases. When administered nasally, relieves epistaxis, when used for Tarpana (satiating therapy to the eyes) it alleviates pain in the eyes. Milk from animals other than humans (breast milk) causes obstruction to the channels, is hard to digest, and induces Āma (indigestion). Breast milk is sweet and astringent has a secondary taste, is cold, is effectively used as nasal and eye drops, is wholesome, enlivening, easy to digest, and kindles appetite [34-36].

(*)
Variant text
(granthāntare/ ग्रन्थान्तरे)

वनितास्तनसम्भवं पयो नयनाश्च्योतन नस्यतर्पणैः ।
गदमक्षिभवं विनाशये दभिघातानिलरक्तपित्तजित् ।।37 ।।

Breast milk can be effectively used as eye drops, nasal administration and satiating procedures to relieve ophthalmic diseases, injuries, disorders of vāta and bleeding diseases [37].

(22)
Elephant's milk
(hastinyā kṣīraṃ/ हस्तिन्या क्षीरं)

हस्तिन्या मधुरं क्षीरं कषायानुगुणं गुरु ।
स्निग्धं स्थैर्यकरं शीतं चक्षुष्यं बलवर्धनम् ।।38 ।।

Milk of elephant is sweet (primary taste) and astringent in secondary taste, is hard to digest, unctuous, imparts firmness, is cold, good for eyes and promotes strength [38]. //Note: this śloka is same as in Su.Su.45/48 except for the word Kashāyānurasam (in Su.Su) and Kashāyānugunam in Dravyaratnāvali).

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

हस्तिन्यास्तु पयः प्रायः स्थैर्यकृद्बृंहणं गुरु ।39 ।

Elephant's milk imparts firmness, nourishment and is hard to digest [39].

(23)
White elephant's milk
(śvetavarṇāyā hastinyāstu payaḥ/ श्वेतवर्णाया हस्तिन्यास्तु पयः)

तदेव श्वेतवर्णाया गुणं गौरवमादिशेत् ।40 ।

White elephant milk has more intense properties than normal milk [40].

(24)
Camel's milk
(auṣṭrikaṃ kṣīraṃ/ औष्ट्रिकं क्षीरं)

औष्ट्रिकं मधुरं क्षीरं रूक्षोष्णं लवणं लघु ।
कफवातोदरानाह क्रिमिशोफार्शसां हितम् ।।41 ।।

Camel's milk is sweet, salty, dry, hot, easy to digest, useful in diseases of kapha and vāta, ascites, abdominal distension, worm infestation, oedema and haemorrhoids [41].

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

औष्ट्रिकं स्निग्धमधुर मुष्णं पित्तकफावहम् ।
गुरु स्निग्धं परं पथ्यं कासे चानिलशोणिते ।।42 ।।

Camel milk is unctuous, sweet, hot, aggravates pitta and kapha, is hard to digest and extremely effective in cough and rheumatism caused by vitiated blood [42].

(25)
White camel's milk
(śveta-auṣṭrikaṃ kṣīraṃ/ श्वेत-औष्ट्रिकं क्षीरं)

श्वेतोष्ट्रिकापयः शीतं बृंहणं पित्तनुत्परं ।43 ।

Milk of white camel is cold, nourishing and mitigates pitta [43].

(26)
Black camel's milk
(nīloṣṭrikāpayaḥ/ नीलोष्ट्रिकापयः)

नीलोष्ट्रिकापयः प्रायः सन्निपातहरं परम् ।44 ।

Milk of black camel effectively alleviates pyrexia caused by three doṣa [44].

(27)
Freshly drawn warm milk
(dhāroṣṇaṃ payaḥ/ धारोष्णं पयः)

धारोष्णं पवन प्रकोपशमनं दुग्धं गवां पुष्टिकृत् ।
पाण्डुं कामलकं निहन्ति तरसा क्षीणौजसः श्रीकरम् ।।45 ।।
दाहं देहगतं कराङ्घ्रिनयनोत्पन्नं च पित्तोन्नतिम् ।
दुष्टास्रं कृशतां कृशानुकृशतां कृच्छ्रादिरोगान् जयेत् ।।46 ।।

Freshly drawn warm cow milk which is still warm is known as "dhāroṣṇaṃ payaḥ". This alleviates vāta, imparts nourishment, relieves anaemia, jaundice, useful to those with deprived Ojas, pacifies burning sensation of the body, limbs (upper and lower) and eyes, mitigates aggravated pitta and vitiated blood, useful in emaciation, diminished digestive fire and in other diseases which are difficult to be treated [45-46].

(*)
Variant text
(granthāntare/ ग्रन्थान्तरे)

धारोष्णममृतं गव्यमन्तर्दाहहरं परम् ।
वातपित्तहरं वृष्य मीषच्छर्करया युतम् ।।47 ।।

Freshly drawn warm milk of a cow is similar to the elixir, alleviates burning sensation in the body, and mitigates vāta and pitta; it acts as an aphrodisiac when consumed with little sugar [47].

(28)
Freshly drawn cool milk
(dhārāśītaṃ payaḥ/ धाराशीतं पयः)

धाराशीतं क्षयकरं रक्तपैत्यप्रदं परम् ।
त्रिदोषलं गुरुतरमवृष्यं वह्निनाशनम् ।।48 ।।
धारोष्णममृतं गव्यं धाराशीतं त्रिदोषकम् ।
श्रृतशीतं तु पित्तघ्नं श्रृतोष्णं कफवातनुत् ।।49 ।।

Freshly drawn and self-cooled milk is known as "dhārāśītaṃ". It induces tuberculosis bleeding diseases, vitiates tridoṣa, is extremely hard to digest, is non-aphrodisiac, and diminishes digestive fire. Dhāroṣṇa of cow is similar to elixir, and dhārāśītaṃ of cow aggravates tridoṣa. Milk which is boiled and cooled pacifies pitta, and that which is boiled and still hot alleviates kapha and vāta [48-49]

(29)
Freshly drawn warm milk of buffalo
(dhāroṣṇaṃ māhiṣaṃ kṣīraṃ/ धारोष्णं माहिषं क्षीरं)

धारोष्णं माहिषं क्षीरं धाराशीतं विशेषतः ।50 ।

Freshly milked warm milk of buffalo, which is cool, also has similar properties [50].

(30)
Freshly drawn warm milk of goat and sheep
(dhāroṣṇa- śṛtaśītamajākṣīraṃ/ धारोष्ण-श्रृतशीतमजाक्षीरं)

श्रृतशीतमजाक्षीरं तद्गुणं परिकीर्तितम् ।
श्रृतोष्णमाविकं तद्वत् क्षीरभेदमुदाहृतम् ।।51 ।।

Boiled and cooled goat milk, boiled and hot milk of sheep also possess similar a property.[51]

(31)

Un-boiled milk

(āmaṃ payaḥ/ आमं पयः)

आमं पयो गुरु श्लेष्मकरं पित्तविनाशनम् ।
अर्धोदकं क्षीरशिष्टमाहुर्लघुतरं परम् ।।52 ।।

Unboiled milk is hard to digest, vitiates kapha, and pacifies pitta; milk combined with half a quantity of water and boiled till only milk remains is extremely easy to digest (than normal boiled milk) [52].

(32)

Boiled milk

(śṛta payaḥ/ श्रृत पयः)

निर्जलं तु श्रृतं द्वित्रिचतुरष्टावशेषितम् ।
यथाश्रृततरं सारं गुरु बल्यतमं पयः ।।53 ।।

Milk is boiled without adding water till the third, fourth or eighth part remains. The more the milk is boiled, the more nutritious it is, the harder it is to digest, and the more it is extremely strengthening [53].

(33)

Inspissated milk

(kīlāṭaṃ/ कीलाटं)

कीलाटं कफकृद्बल्यं कायानलनिकृन्तनम् ।
समीरपित्तशमनं स्निग्धं धातुविवर्धनम् ।।54 ।।

Inspissated milk aggravates kapha, imparts strength, inhibits digestive fire, mitigates vāta and pitta, is unctuous, and promotes tissue development [54].

Note: According to the author, kilāta means milk pudding made from a cow's colostrum that has just given birth to a calf.

(34)

Supernatant fatty layer of milk

(santānikā/ सन्तानिका)

गुर्वी सन्तानिका वृष्या स्निग्धा हृद्या बलप्रदा ।55 ।

The supernatant fatty layer of milk is hard to digest, aphrodisiac, unctuous, pleasing to heart and improves strength [55].

(*)

Variant text

(granthāntare/ ग्रन्थान्तरे)

स्वादुपाकरसा स्निग्धा रक्तपित्तनिबर्हणी ।
वातघ्नी तर्पणी बल्या रुच्या सन्तानिका गुरु ।।56 ।।

Cream of milk is sweet in taste and at the end of digestion, unctuous, pacifies bleeding disorders, mitigates vāta, imparts satiation, strength and taste and is hard to digest [56].

(35)

Coconut milk

(nārīkeḷodbhavaṃ kṣīraṃ/ नारीकेलोद्भवं क्षीरम्)

नारीकेलोद्भवं क्षीरं कास श्लेष्मानिलापहम् ।
वृष्यमुष्णं गुरु स्वादु विदाहि न च पित्तकृत् ।।57 ।।

Coconut milk alleviates cough, kapha and vāta, acts as aphrodisiac, hot, hard to digest, sweet, induces burning sensation and doesn't aggravate pitta [57]

(36)

Latex from Indian spurge tree

(snūhīkṣīraṃ/ स्नुहीक्षीरम्)

स्नुहीक्षीरं परं तिक्तं सुस्निग्धं कटुकं लघु ।
गुणैरेतैस्समस्तैश्च विरेचयति देहिनाम् ।।58 ।।
गुल्मिनां कुष्ठिनां वापि तथैवोदरिणामपि ।
श्रेष्ठ मेतद्विरेकार्थमन्येषां दीर्घरोगिणाम् ।।59 ।।

Latex of Euphorbia nerifolia (snuhi) is extremely bitter and pungent, well unctuous and is easy to digest. With the above qualities it induces purgation. It is best among purgatives and can be effectively used for purgation in the diseases of abdominal lump, skin ailments and ascites [58-59]

(37)

Milk from Madar, Indian giant milk weed latex

(arkajaṃ payaḥ/ अर्कजं पयः)

लवणोष्णं तथा स्निग्धं वातघ्नं चार्कजं पयः ।60 ।

Milk, Latex of Madar, Indian giant milk weed is salty, hot, unctuous and alleviates vāta [60].

(38)

Milk from Pipal tree

(vaṭasya kṣīram/ वटस्य क्षीरम्)

क्षीरं वटस्याशु निहन्ति कुष्ठं व्रणान्तरालस्थितदुष्टजन्तुनुत् ।70 ।

Milk of Pipal alleviates skin ailments, and wounds infested with worms instantly [70].

(39)

Milk boiled in various vessels

(kṣīraśṛtapātraguṇāḥ/ क्षीरश्रृतपात्रगुणाः)

ताम्रे वातहरं क्षीरं सौवर्णे पित्तनुत्सदा ।
रौप्ये श्लेष्महरं चैव कांस्ये रक्तप्रसादनम् ।।80 ।।
अयः पात्रे श्रृतं क्षीरं त्रिदोषशमनं लघु ।
मृत्पात्रे च पयो वीर्यपुष्टिदं कफपित्तजित् ।।81 ।।

Milk boiled in copper vessel pacifies vāta, that boiled in gold vessel mitigates pitta, in silver vessel relieves kapha, that in bronze vessel purifies blood, in iron vessel alleviates tridoṣa and is easy to digest and milk boiled in earthen vessels (made of clay) promotes nourishment of semen, alleviates kapha and pitta [80-81].

(40)

Well boiled milk

(atyantasāndraśṛtakṣīraguṇāḥ / अत्यन्तसान्द्रश्रृतक्षीरगुणाः)

अत्यन्तसान्द्रं सुश्रृतं गुरु स्यात्कायाग्निमान्द्यं वितनोति दुग्धम् ।
तथैव बल्यं वृषताकरं स्यादतिप्रचण्डाग्नि हरं नरस्य ।82 ।

Well boiled milk is extremely dense, hard to digest, diminishes digestive fire, imparts strength, aphrodisiac, pacifies extremely aggravated digestive fire in humans [82].

(41)

Milk drawn from animals which exercise, and which do not

(vyāyāma-avyāyāmapaśukṣīraguṇāḥ/ व्यायाम-अव्यायामपशुक्षीरगुणाः)

Note: śloka not available in the manuscript.

(42)

Procedure of consuming milk

(kṣīrasevanavidhiḥ/ क्षीरसेवनविधिः)

रात्रौ क्षीरं न सेवेत यदिसेवेत न स्वपेत् ।
यदि स्वपेद्भवेन्मृत्युः तस्मात्क्षीरं दिवामृतम् ।।83 ।।
प्रातः पर्युषितं क्षीरं गुरु विष्टम्भि शीतलम् ।
रात्रौ सोमगुणत्वा च्चाव्यायामानिलसेवनात् ।।84 ।।
वातनुच्च श्रमघ्नं च हृष्यं चैवापराह्णकम् ।85 ।

Do not drink milk at night. Even if done so, do not sleep. Sleeping after drinking milk leads to death. Milk is an elixir only in the daytime. Stale milk in the morning is hard to digest, causes indigestion and is cold. At night, due to coldness (due to the cool impact of the moon), not performing exercises and not being exposed to wind, milk in the daytime effectively alleviates vāta, physical exhaustion. It is pleasing to mind [83-85].

(*)

In the text of Bahata

Bāhaṭe/ बाहटे

रात्रावूधसि स्थितं क्षीरं दिवा न सेवेत यदि सेवेत न स्वपेत् ।
यदि स्वपेद्भवेन्मृत्युरथवा ज्वरितो भवेत् ।।86 ।।
तस्माद्दिवा चोधसि स्थितं क्षीरं रात्रावमृतमिति सेवेत ।
विदाहीन्यन्नपानानि दिवा भुङ्क्ते हि मानवः ।।87 ।।
तद्विदाह प्रशान्त्यर्थं रात्रौ क्षीरं प्रशस्यते ।।88 ।।

Do not drink the morning drawn-out milk if the previous night's milk is not mulched/ drawn out. Even if consumed, one should avoid sleep. Otherwise, it either leads to death or causes fever. Milk left undrawn since morning and drawn out at night can be consumed as it is similar to elixir. Generally, people eat pungent foods and drinks during the day. It is advisable to drink milk at night to alleviate the burning sensation induced by such foods [86-88].

(43)

Result of milk consumed at various times of the day

(trikālakṣīraguṇāḥ/ त्रिकालक्षीरगुणाः)

वृष्यं बृंहणमग्निवर्धनकरं पूर्वाह्णकाले पयो ।
माध्याह्ने बलवर्धनं कफहरं कायाग्निसन्दीपनम् ।।89 ।।
बालेष्वग्निकरं कृशे बलकरं वृद्धेषु रेतस्करम् ।
रात्रौ पथ्यमनेकदोषहरणं क्षीरं सदा चक्षुषोः ।।90 ।।
रात्रौ पथ्यं सर्वदोषापहारि क्षीरं नित्यं सेवितो मायुरर्थी ।
प्राणत्राणायामृतं यत्सुराणां तद्वत् क्षीरं जातमेतन्नराणाम् ।।91 ।।

Drinking milk before noon (i.e., at forenoon) acts as an aphrodisiac, imparts nourishment and promotes digestive fire. Milk consumed at noon promotes strength, pacifies kapha, stimulates digestive fire, enhances appetite in children, improves strength in the emaciated, and generates sperm in aged people. Drinking milk at night is wholesome, alleviates all doṣas, and is good for the eyes. Drinking milk always

promotes long life. As nectar immortalises Gods, Milk acts like an elixir for humans and sustains life [89-91].

Note: 4th and 5th lines are almost repeated except for a few words

(44)

Milk to be avoided

(varjakṣīrāṇi / वर्जक्षीराणि)

अनिष्ट गंधमम्लं च विवर्णं विरसं च यत् ।

वर्ज्यं सलवणं क्षीरं यच्चापि ग्रथितं भवेत् ।।92 ।।

मुहूर्तपञ्चकातीतं क्षीरं भजति विक्रियम् ।93।

Milk with an unpleasant odour, sour taste, discolouration, and devoid of normal taste or salty in taste, that which is curdled/coagulated, which has exceeded the time of five muhūrtas (5×48 minutes = 240 minutes approximately) after being drawn out should be avoided [92-93].

(45)

Foods which are compatible with milk

(kṣīra aviruddāḥ/ क्षीरअविरुद्धः)

शुण्ठी पटोल लवणोत्तम माष

धात्रिगोधूमकोषणकणामृतशर्कराभिः ।

एणादिजाङ्गलपलैः मधुरैः फलैश्च दुग्धं कदापि न

विरुद्धमुदाहरन्ति ।।94 ।।

Śuṇṭhī, Paṭola, Saindhava lavaṇa, Māṣa, Dhātri, Godhūmaka, Marīca, Guḍūcī, Śarkara, Eṇa, the meat of arid zone animals, sweet fruits, etc., whenever used with milk are never incompatible. (According to Ayurveda, few drugs should not be consumed together as they induce disease. They are known as Saṃyoga Viruddha. Here, it is clear that the drugs mentioned above are compatible and can be taken with milk) [94].

(*)

In the text of Bāhaṭa

(Bāhaṭa/ बाहटे)

क्षीरस्य मित्रं घृतशर्करं च धात्रीफलं गोस्तनमार्ध्रकं च ।

तस्योद्भवं चाम्रफलं विपक्वं कृष्णामरीचं नवनीतकं च ।।95।।

एणैर्मृगैर्मयूरैश्च तित्तिर्यापि कपिञ्जलैः ।

सर्वैर्जाङ्गलमांसैश्च पयो न प्रतिषिध्यते ।।96।।

आम्लेष्वामलकं पथ्यं शर्करा मधुरेषु च ।

पटोलं तिक्तवर्गेषु कटुकेषु महौषधम् ।।97।।

द्विदलानां तथा माषाः शाकेषु सुनिषण्णकं ।

क्षीरेण सह भोज्याः स्युरविरुद्धा भवन्ति ते ।।98।।

Foods compatible with milk are ghee, sugar, embelic myrobalan, grapes (lengthy shaped like cow's teat), ginger, ripe mango, black pepper, butter, the meat of animals, deer, etc. peacock, tittiri, kapiñjala and meat of all animals of the arid zone. Āmalaki among the sour substances, sugar among the sweet substances, Paṭola among the bitter group, Mahauṣadham (Śuṇṭhī) among the pungent group, Yava among the astringent group, Saindhava among the salt group, black gram among the dicotyledon group, Sunisaṇṇakaṃ (spinach) among the leafy vegetable group can be consumed along with milk. They are compatible [95-98].

(46)

Foods which are incompatible with milk

(kṣīra viruddhāḥ/ क्षीर विरुद्धाः)

शाकाम्लतैललवणैश्च कुलुत्थमत्स्य वंशाङ्कुरैश्च

तिलपिष्टकसर्षपैश्च ।

आनूपमांसदधितक्रमुखैः पदार्थैः सार्धं विरुद्धमिति

दुग्धमुशन्ति सन्तः ।।99।।

Leafy vegetables, sour substances, oils, salt, Kuluttha, fish, bamboo sprouts, sesame flour, mustard, meat of animals of the marshy lands, curd, butter milk, etc are incompatible and should not be consumed along with milk [99].

(*)

Another reading

(pāṭhāntare/ पाठान्तरे)

शाकजाम्बवसुरासवैश्च तन्मारयत्यबुधमाशु सर्पवत् ।

मत्स्यमांसगुडमुद्गमूलकैःकुष्ठमावहति सेवितं पयः ।।100।।

Milk when consumed along with leafy vegetables, jāmbava (black berry) and some variety of beverages (surā and āsava) is similar to that of snake venom and leads to immediate death. Milk taken along with fish, meat, jaggery, green-gram, radish generates integumentary diseases [100].

(47)
Contra-indication for intake of milk
(kṣīravarjāḥ/ क्षीरवर्जाः)

आमज्वरे व्रणे कुष्ठे कफे मेहे भगन्दरे ।
अतिसारप्रवाहे च क्रिमिकुष्ठ विषूचिके ।।**101**।।
ग्रहण्यामश्मर्यां चैव त्यजेत् क्षीरं गलामये ।**102**।

Those who are suffering from diseases like āmajvara (acute fevers), ulcers, integumentary diseases, kapha disorders, polyuria, anal fistula, diarrhoea, dysentery, worm infestation, acute gastro-enteritis, disorders of the lower gastrointestinal tract, urolithiasis, throat disorders, etc. should avoid consuming milk [101-102].

इति द्रव्यरत्नावल्यां क्षीरवर्गस्समाप्तः

Here ends the Category of various types of milk in Dravyaratnāvalī.

3.CURD GROUP

Dadhivarga / दधिवर्ग

Now the description of category of various types of curd.

(1)
Curd
(sāmānyadadhiguṇāḥ/ सामान्यदधिगुणाः)

श्लेष्मकारि गुरु बृंहणं दधि स्वादु वृष्यमपि चोष्यमम्लकम् ।
शीतमीषदपि जाड्यकारणं रुच्यमग्निजनने मनोहरम् ।।1।।

Curd vitiates kapha, is hard to digest, imparts nourishment, is sweet, aphrodisiac, sour, cold, induces laziness, improves taste, ignites digestive fire and is pleasing to the mind [1].

(2)
Sour curd
(amladadhiguṇāḥ/ आम्लपाकदधिगुणाः)

आम्लपाकरसमुष्ण मग्निकृद् ग्राहि शुक्रबलरक्तपित्तकृत् ।
वातजं कफकरं दधि रुच्यं शोफकृद्गुरु च शीतिकापहम् ।।2।।
मूत्रकृच्छ्रशमनं रुचिकृत्स्यात् पीनसं च विषमज्वरं हरेत् ।3।

Curd is sour in taste and also after digestion, is hot, ignites digestive fire, water absorbent, promotes sperm formation, strength, induce bleeding diseases and oedema, vitiates vāta and kapha, improves taste, hard to digest, effective in fever with chills, dysuria, rhinitis and intermittent fever [2-3].

(*)
Bāhaṭa text
Bāhaṭa/ बाहटे

अम्लपाकरसं ग्राहि गुरूष्णं दधि वातजित् ।
मेदश्शुक्रबलश्लेष्म रक्तपित्ताग्निशोफकृत् ।।4।।
रोचिष्णु शस्तमरुचौ शीतिके विषमज्वरे ।
पीनसे मूत्रकृच्छ्रे च रूक्षं तु ग्रहणीं जयेत् ।।5।।
स्नेहाम्लभावाद्वातघ्नं माधुर्यात्पित्तनाशनम् ।
कषायत्वात्कफं हन्ति दधि केचित्प्रचक्षते ।।6।।

Curd is sour and sour after digestion also, water absorbent, constipating, hard to digest, hot, pacifies vāta, induces polyuria, bleeding diseases and oedema, vitiates kapha, increases fat formation, semen production and strength, stimulates digestive fire, improves taste, effective in anorexia. As it is devoid of unctuousness/dryness, it is effective in fever with chills, intermittent fever, rhinitis, dysuria, and lower gastrointestinal tract disorders. Due to its unctuous and sour nature alleviates vāta, sweetness pacifies pitta, and astringent taste mitigates kapha [4-6].

(3)
Creamy layer on curd
(dadhi santānikā guṇāḥ/ दधि सन्तानिका गुणाः)

दधि सन्तानिका रुच्यं शोफकृन्नितरां गुरु ।
अग्निदीप्तिकरं स्वादु दीपनं बलवर्धनम् ।।7।।

The creamy layer on curd is tasty, induces oedema, is tough to digest, ignites the digestive fire, is sweet, kindles appetite and promotes strength [7].

(4)
Cow (milk) curd
(gavya dadhi guṇāḥ/ गव्य दधि गुणाः)

बृंहणं बलकृद्वृष्यं नेत्ररोगकरं शिवम् ।
वातपित्तप्रशमनं गव्यं दधि रुचिप्रदम् ।।8।।

Curd from Cow (milk) is nourishing, strengthening, aphrodisiac, generates ophthalmic diseases, is auspicious, alleviates vāta and pitta and imparts taste [8].

(*)
Variant text
(granthāntare/ ग्रन्थान्तरे)

आम्लं कषायं मधुरं च हृद्यं स्याद्बृंहणं वृष्यमरोचकघ्नम् ।
आयुष्करं चाग्निविवर्धनं च दोष त्रयघ्नं दधि गव्यमाहुः ।।9।।

Cow (milk) curd is sour, astringent and sweet, pleasing to the heart, imparts nourishment aphrodisiac, promotes long life, ignites the digestive fire, improves anorexia and mitigates three doṣa [9].

(5)
Indications for cow (milk) curd intake
(gavyadadhisevanārhāḥ/ गव्यदधिसेवनार्हाः)

अरुचावतिसारे च ग्रहण्यां च कफज्वरे ।
आमे च मूत्रकृच्छ्रे च दधि गव्यं प्रशस्यते ।।10।।

Curd from cow milk is effective and wholesome in anorexia, diarrhoea, disorders of the lower gastrointestinal tract, pyrexia due to kapha, vitiated āma and dysuria [10].

(6)
Indication for buffalo (milk) curd
(mahīṣadadhiguṇāḥ/ माहिषदधि गुणाः)

माहिषं दधि बलासकारणं बृंहणं रतिकरं बलप्रदम् ।
शीतलं गुरु कृशानुसादनं मङ्गलं प्रदरपित्तनाशनम् ।।11।।

Curd from buffalo's milk aggravates kapha, imparts nourishment and strength, induces sexual pleasure, cold, hard to digest, diminishes digestive fire, auspicious, relieves metrorrhagia/menorrhagia and diseases of pitta [11].

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

माहिषं दधि हिमं बलासदं स्वादुपाकरसमस्रपित्तजित् ।
स्वापनं गुरु निहन्ति कामलां बृंहणं बलविधायि शुक्रलम् ।।12।।

Curd from buffalo's milk is cold, vitiates kapha, has sweet taste and retains sweet taste after digestion also, relieves epistaxis jaundice, induces sleep, is hard to digest, imparts nourishment strength and promotes sperm production [12].

(*)
Variant text
(granthāntare/ ग्रन्थान्तरे)

माहिषं दधि विष्टम्भि गुरूष्णं वातकृत्परम् ।13।

The buffalo curd causes constipation, is hard to digest, and is hot and vitiates vāta [13].

(7)
Goat (milk) curd
(ajādadhiguṇāḥ/ अजादधिगुणाः)

दध्याजं कफवातघ्नं लघु गुल्मक्षयापहम् ।
दुर्नामकासश्वासेषु हितमग्नेश्च दीपनम् ।।14।।

Goat's curd mitigates kapha and vāta, is easy to digest, practical in an abdominal lump, tuberculosis, haemorrhoids, cough, and dyspnoea, and promotes digestive fire [14].

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

आजं भवेदीपनपाचनं दधि श्लेष्मानिलघ्नं लघु पित्तकोपनम् ।
श्वासप्रतिश्यायगुदाङ्कुरापहं कासातिसारग्रहणीगदं हरेत् ।15।

Goat's curd stimulates digestive fire, improves digestion, pacifies kapha and vāta, is easy to digest, aggravates pitta, and is helpful in dyspnoea, rhinitis, haemorrhoids, cough, diarrhoea and disorders of the lower gastrointestinal tract [15].

(*)
In the text of Bāhaṭa
(Bāhaṭa/ बाहटे)

छागजं दधि गुदाङ्कुरक्षयश्वास कासकफशोफ नाशनम् ।
दीपनं पवनघाति बृंहणं रक्तसंयुतातिसारनाशनम् ।16।

Curd from goat's milk is beneficial in haemorrhoids, tuberculosis, dyspnoea, cough, kapha disorders, oedema and diarrhoea caused by vitiated blood; it kindles appetite, pacifies vāta and promotes nourishment [16].

(8)
Sheep (milk) curd
(āvika dadhi guṇāḥ/ आविक दधि गुणाः)

कोपनं कफवातानां दुर्नामा चाविकं दधि ।
रसे पाके च मधुरमत्यभिष्यन्दि दोषलम् ।।17।।

Sheep's curd aggravates kapha and vāta, generates haemorrhoids, is sweet and sweet after digestion also, causes extreme obstruction to the channels and vitiates doṣas [17].

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

आविकं दधि निहन्ति मारुतं श्वासकासकफपित्तकारणम् ।
वातरक्तमतिसारनाशनं स्वादु वृष्यमलघु क्षयापहम् ।।**18**।।

Curd from the milk of sheep mitigates vāta, triggers dyspnoea, cough, disorders of kapha and pitta, relieves rheumatism due to vāta, diarrhoea and tuberculosis; is sweet, aphrodisiac and is easily digestible [18].

(9)
Elephant (milk) curd
(hastinī dadhi guṇāḥ/ हस्तिनी दधि गुणाः)

पुष्टिकृत्पवनपित्तनाशनं श्लेष्मकारि गुरु हस्तिनी दधि ।**19**।

Curd from elephant's milk imparts nourishment, pacifies vāta and pitta, aggravates kapha and is hard to digest [19].

(10)
Camel milk curd
(auṣṭradadhi guṇāḥ/ औष्ट्रदधि गुणाः)

दीपनं कफसमीरणापहं चौष्ट्रमुष्णं दधि पित्तलं विदुः ।**20**।

Curd from camel's milk kindles appetite, relieves kapha and vāta, is hot and vitiates pitta [20].

(11)
Incompatibility of curd
(dadhiviruddhāḥ/ दधिविरुद्धाः)

नैवाद्यान्निशि नैवोष्णं वसन्तोष्ण शरत्सु न ।
नामुद्गसूपं नाक्षौद्रं नाघृतं नासितोपलम् ।।**21**।।
न चानामलकं नापि नित्यं नो मन्दमन्यथा ।
ज्वरासृक्पित्तवीसर्पकुष्ठ पाण्ड्वामयप्रदम् ।।**22**।। (अ.हृ.)

Curd should not be consumed at night, heated, or in spring, summer and autumn. Even in other seasons, without combining with green-gram soup, honey, ghee, sugar candy and āmalakaṃ, neither it should be consumed daily nor when it is not well-formed; otherwise, it causes pyrexia, epistaxis, acute spreading eruptions, skin ailments and anaemia[21-22]. Note: śloka was taken as it is from A.H., wherein giddiness (bhrama) is also indicated.

(12)
Unformed curd
(maṇḍakadadhi guṇāḥ/ मण्डकदधि गुणाः)

दध्यवस्थामसम्प्राप्य दुग्धावस्थामप्यत्यजन् ।
अन्तरावर्तितं ज्ञेयं मण्डकं तद्विषोपमम् ।।**23**।।

Curd, which is not well-formed and is still in the milk stage (neither milk nor curd), is known as Maṇḍakaṃ. It is similar to poison [23].

(13)
Creamy layer on curd
(dadhisāra guṇāḥ/ दधिसार गुणाः)

दधिसारो गुरुर्वृष्यो वातगुल्मविनाशनः ।
वस्तेर्विशोधकश्चापि कफपित्तविनाशनः ।।**24**।।

The creamy curd layer is hard to digest; aphrodisiac alleviates vāta, abdominal lump, cleanses the bladder and pacifies kapha and pitta [24].

(14)
Curd devoid of fat
(vinānavanītadadhiguṇāḥ/ विनानवनीतदधिगुणाः)

दधि रूक्षं तु विष्टम्भि सङ्ग्राहि लघु वातलम् ।
दीपनीयं लघुतरं सकषायं रुचिप्रदम् ।।**25**।।

Curd devoid of fat causes constipation, is water absorbent, easy to digest, vitiates vāta, kindles appetite, astringent and improves taste [25].

(15)
Well-strained curd
(mastuparisṛta dadhi guṇāḥ/ मस्तुपरिस्रुत दधिगुणाः)

वातघ्नं कफकृद्रूक्षं बृंहणं बलवर्धनम् ।
कुर्याद्भक्ताभिलाषं च दधिमस्तु परिस्रुतम् ।।**26**।।

The watery portion of curd after filtration is known as Dadhimastu. Well-filtered curd pacifies vāta, vitiates kapha, is dry, imparts nourishment strength and fulfils one's desire [26].

(16)

Whey

(dadhimastu guṇāḥ/ दधिमस्तु गुणाः)

सरं कषायं दधिमस्तु रूक्षं कफं निहन्त्याशु समीरणघ्नम् ।
स्रोतोविबन्धघ्नमतीव रुच्यं लघ्वग्निदीप्तिं कुरुते नराणाम् ।।27।।

Whey is laxative, astringent, dry, instantly pacifies kapha and mitigates vāta, clears the channels, extremely tasty and ignites digestive fire [27].

(17)

Fermented sour curd

(dadhyamlaṃ guṇāḥ/ दध्यम्लं गुणाः)

दध्यम्लं कफवातकृद्गुडयुतं हृद्यं गुरु स्नेहनम् ।
वातघ्नं च सुतर्पणं बलकरं नोष्णं न पित्तप्रदम् ।।28।।

Fermented sour curd aggravates kapha and vāta; curd along with jaggery is pleasing to heart, hard to digest, unctuous, pacifies vāta, imparts satiation and strength, neither hot nor vitiates pitta [28].

(18)

Sweet curd

(svādu dadhi guṇāḥ / स्वादु दधि गुणाः)

वृष्यं गुरु स्वादु दधि पित्तानिलविषापहम् ।29।

Sweet curd is aphrodisiac, hard to digest, alleviates pitta, vāta and poison [29].

(19)

Slightly sour curd

(alpāmla dadhi guṇāḥ/ अल्पाम्ल दधि गुणाः)

अल्पाम्लं रोचनं हृद्यं वातघ्नं कफकृन्न च ।30।

Slightly sour curd is tasty, pleasing to the heart, pacifies vāta and doesn't vitiate kapha [30].

(20)

Extremely sour curd

(vyaktāmla dadhi guṇāḥ/ व्यक्ताम्ल दधि गुणाः)

कफवातहरं चोष्णं व्यक्ताम्लं दीपनं लघु ।31।

Extremely sour curd pacifies kapha and vāta, is hot, kindles appetite and is easily digestible [31].

(21)

Importance of cow curd

(godadhipraśaṃsā/ गोदधिप्रशंसा)

दधीन्युक्तानि यानीह गव्यादीनि पृथक् पृथक् ।
विज्ञेयं तेषु सर्वेषु गव्यमेव गुणोत्तरम् ।।32।।

Various types of curd, like that of cow, etc, are narrated above. Among all varieties of curd, it should be understood that the curd obtained from cows is the best one [32].

(22)

Contra-indication for intake of curd

(dadhivarjyāḥ/ दधिवर्ज्याः)

शोफी कासी क्षयी चैव मेही मन्दाग्निमान् व्रणी ।
श्वासी चामज्वरी कुष्ठी न पिबेद्दधि बुद्धिमान् ।।33।।

Intake of curd should be avoided by those suffering from oedema, cough, tuberculosis, polyuria, diminished digestive fire, wounds/ulcers, difficult breathing, initial stage of fever and skin ailments [33].

इति द्रव्यरत्नावल्यां दधिवर्गः समाप्तः

Here ends the description of the Category of various types of curd in Dravyaratnavali.

4.BUTTERMILK GROUP

Takravargamāha / तक्रवर्गमाह

Now the description of category of various types of buttermilk.

(1)

General qualities of buttermilk
(sāmānya takra guṇāḥ/ सामान्य तक्र गुणाः)

भाण्डस्य मध्ये दधि सन्निधाय दण्डस्य यन्त्रेण शनैर्हतं यत् ।
तोयं निषिञ्चेत्प्रहतक्रमेण तोयेन तक्रं दशधा भवेत्तत् । ।1 । ।
तक्रं त्रिदोषं च निहन्ति मेहान् पाण्ड्वामयं गुल्ममरोचकघ्नम् ।
आम्लं कषायं मधुरं च रुच्यं शोफोदरार्शःक्रिमिनाशनं च । ।2 । ।

At first, the curd is placed in an earthen pot. Later, it is centrifuged with the help of a stick attached to an instrument. Water is added in between. There are ten types of buttermilk based on the amount of water added. Buttermilk alleviates three doṣa, polyuria, anaemia, abdominal lump, anorexia, oedema, ascites, haemorrhoids and worm infestation. It is sour, astringent, sweet and tasty [1-2].

(*)

Another reading
(pāṭhāntare/ पाठान्तरे)

तक्रं लघु श्लेष्महरं च रुच्यं किञ्चित्कषायं वितनोति वह्निम् ।
ग्रहण्यतीसारमरोचकं च परं निहन्त्याशु समीरणघ्नम् । ।3 । ।

Buttermilk is easily digestible, pacifies kapha, improves taste, is slightly astringent, promotes digestive fire, is effective in disorders of the lower gastrointestinal tract, diarrhoea, and anorexia and instantly relieves disorders of vāta [3].

(*)

Variant text
(granthāntare/ ग्रन्थान्तरे)

तक्रं लघु कषायाम्लं दीपनं कफवातजित् ।
शोफोदरार्शोग्रहणीदोष मूत्रग्रहारुचीः । ।4 । ।
गुल्मप्लीहघृतव्यापद्गर पाण्ड्वामयान् जयेत् ।5 । (अ. हृ.)

Buttermilk is easy to digest, astringent and sour, kindles appetite, mitigates kapha and vāta, alleviates oedema, ascites, haemorrhoids, disorders of the lower gastrointestinal tract, dysuria, anorexia, splenic disorders, abdominal lump, complications arising due to excess ghee intake (during oleation therapy), artificial poison and anaemia [4-5].

(2)

Cow Buttermilk
(gavyatakra guṇāḥ/ गव्यतक्रगुणाः)

तक्रं गवां दोषहरं हि पथ्यं सर्वामयानां हितमर्शसां च ।
प्रमेहपाण्डूदरगुल्मशोफ ग्रहण्यतीसारगदेषु शस्तम् । ।6 । ।

Buttermilk prepared from cow milk alleviates doṣas, is wholesome, and is effective in all diseases, including haemorrhoids, diabetes, anaemia, ascites, abdominal lump, oedema, lower gastrointestinal tract disorders and diarrhoea [6].

(*)

Variant text
(granthāntare/ ग्रन्थान्तरे)

आमातिसारे ग्रहणीविकारे मेहेषु च कामलायाम् ।
जीर्णज्वरारोचकशोफरोगे पथ्यं लघूष्णं खलु धेनुतक्रम् । ।7 । ।

Cow's buttermilk is useful in diarrhoea due to vitiated Āma, disorders of the lower gastrointestinal tract, polyuria, abdominal lump, jaundice, chronic fever, anorexia and oedema; it is wholesome, easily digestible and hot [7].

(3)

Buttermilk prepared from buffalo's milk
(mahīṣatakra guṇāḥ / महिषतक्र गुणाः)

तक्रं महिष्यास्तु हितं विशेषात् तत्कामलायामपि पाण्डुरोगे ।
गुरु ज्वरे वातकफे च शीतं रक्तार्शसो हन्ति तदेव सम्यक् । ।8 । ।

Buttermilk that of buffalo is effective in jaundice, anaemia, chronic fever, disorders of vāta and kapha, cold to touch on affected side of the body and cures bleeding haemorrhoids [8].

(4)

Sweet buttermilk
(madhuratakra guṇāḥ/ मधुरतक्रगुणाः)

तक्रं तु मधुरं पित्तहरं श्लेष्मप्रकोपनम् ।9 ।

Sweet buttermilk pacifies pitta, aggravates kapha[9].

(5)

Sour buttermilk

(āmlatakra guṇāḥ/ आम्लतक्र गुणाः)

आम्लं वातहरं ज्ञेयं कुर्यात्पित्तप्रकोपनम् ।**10** ।

Sour buttermilk pacifies vāta, aggravates pitta[10].

(*)

Another reading

(pāṭhāntare/ पाठान्तरे)

यथा सुराणाममृतं प्रशस्तं तथा नराणां भुवि तक्रमाहुः ।

आम्लेन वातं मधुरेण पित्तं कफं कषायेन निहन्ति तक्रम् । ।**11** । ।

Like Nectar is best to Gods, Immortals, so is buttermilk to humans on earth. Buttermilk alleviates vāta, pitta and kapha when taken along with sour, sweet and astringent substances respectively [11].

(6)

Whey from buttermilk

(takramastu guṇāḥ/ तक्रमस्तुगुणाः)

तक्रमस्तु कटुकैस्सह पीतं रोचनं च लघुतामुपयाति ।

तक्राल्लघुतरो मण्डः कफघ्नो दीपनः परम् । ।**12** । ।

Water collected over the stable buttermilk and the creamy layer on the cuisare known as mastu (whey). Whey of buttermilk taken along with pungent substances improves taste and induces lightness in the body. Maṇḍa is extremely easy to digest than buttermilk; it pacifies kapha and kindles appetite [12].

(7)

Buttermilk prepared by hands

(karanirmathita guṇāḥ/ करनिर्मथितगुणाः)

हिमकुन्दशशिप्रभशङ्खनिभं परिपक्वकपित्थ सुगन्धयुतम् ।

युवती करनिर्मथितं मथितं हे नृप सर्वरुजापहरम् । ।**13** । ।

करमथितं गुरु हृद्यं बल्यं वृष्यं श्रमानिलघ्नं च ।

पथ्यं दीपनमेतत्पाण्डुप्रमेहश्वासकृच्छ्र हरम् । ।**14** । ।

O! King! That buttermilk which is similar to the colour of the snow, jasmine, moonlight and conch, which has a pleasant aroma like that of well-ripe fruit of kapittha (wood-apple) and that which is centrifuged manually by young ladies is known as mathitaṃ. It alleviates all diseases. Buttermilk centrifuged manually is hard to digest, pleasing to the heart, strengthening, aphrodisiac, alleviates physical exhaustion and disorders of vāta, is wholesome, kindles appetite, and useful in anaemia, diabetes, dyspnoea and dysuria [14].

(8)

Goat, sheep Buttermilk

(ajāviprabhavam takraṁ / अजाविप्रभवम् तक्रं)

तक्रं त्वजाविप्रभवं न सेव्य मरिष्टगन्धं त्रिषु चाप्यपथ्यम् ।

स्यादामवाते गुरुतामुपैति तत्सेवनं सर्वगदस्य हेतुः । ।**15** । ।

Buttermilk prepared from goat milk and sheep milk is not fit to be used. It has unpleasant smell and is unwholesome in disorders of all three doṣas and rheumatism due to Āma. It causes heaviness (weight gain) and its intake can be the cause of all diseases [15].

(*)

Another reading

(pāṭhāntare/ पाठान्तरे)

तक्रं त्वजाविप्रभवं दुष्टगन्धं त्रिदोषलम् ।**16** ।

Buttermilk from goat and sheep has unpleasant aroma and vitiates tridoṣa [16].

(9)

Elephant buttermilk

(kareṇutakra guṇāḥ/ करेणुतक्र गुणाः)

करेणुतक्रं स्वाद्वम्लं वातघ्नं रक्तपित्तनुत् ।**17** ।

Buttermilk prepared from elephant's milk is sweet, sour, alleviates vāta and bleeding disorders [17].

(10)

Camel buttermilk

(auṣṭra takra guṇāḥ/ औष्ट्रतक्र गुणाः)

औष्ट्रं तु तक्रं शोफघ्नमर्शःक्रिमिविनाशनम् ।

अग्निदीप्तिकरं चैव सर्वोदरहरं परम् । ।**18** । ।

Buttermilk prepared from camel milk is useful in oedema, haemorrhoids, worm infestation and all abdominal diseases and stimulates digestive fire [18].

(11)
Indications for intake of buttermilk (takrasevanārhaḥ/ तक्रसेवनार्हः)

जीर्णज्वरे यक्ष्मणि कामलाया मामातिसारग्रहणीगदेषु ।
प्रमेहगुल्मोदरवातकार्श्ये तक्रं पिबेन्नित्यमरोचकघ्नम् । ।19 । ।

One should always drink buttermilk in diseases of chronic fever, tuberculosis, jaundice, diarrhoea due to vitiated Āma, disorders of lower gastrointestinal tract, diabetes, abdominal lump, ascites, disorders of vāta, emaciation and anorexia [19].

(12)
Contra-indication for intake of buttermilk (takravarjyāḥ/ तक्रवर्ज्याः)

क्षतामये लोहितपित्तरोगे दाहेषु मूर्छाभ्रमदुर्बलेषु ।
उष्णेषु कालेषु च नूत्नजूर्तौ तक्रं
विशेषात्परिवर्जनीयम् । ।20 । ।

Those suffering from thoracic injury, bleeding disorders, burning sensation, fainting/syncope, giddiness, debility, in hot seasons/summer and acute fevers should avoid intake of buttermilk [20].

(13)
Types of Buttermilk (takrabhedāḥ/ तक्रभेदाः)

तक्रं समस्तं दशधा विभिन्न मुदश्विदाद्यं मथितं द्वितीयम् ।
दण्डाहतं तत्कथितं तृतीयं प्रोक्तं चतुर्थं किल कालशेयम् । ।21 । ।
स्यात्पञ्चमं दोर्मथितं तु षष्ठं स्याद्गोलकं सप्तममेव तक्रम् ।
स्यादष्टमं स्यान्मिलिताभिधानं स्याद्षाडबाख्यं नवमं
विशेषात् । ।22 । ।
ततोऽतिपूर्वं मिलितं क्रमेण भिषग्भिरुक्ताः खलु तक्रभेदाः ।23 ।
यदर्धेनाम्भसा मिश्रमुदश्वित्तदुदीरितम् ।
तोयेन रहितं युक्तं मथितं तदुदाहृतम् । ।24 । ।
सलिलद्विगुणोपेतं दण्डाहतमिति स्मृतम् ।
समसार्धाम्बुना मिश्रं कालशेयं प्रकीर्तितम् । ।25 । ।
समाम्बुलोलितं दोष्णा तद्वाहुमथिताह्वयम् ।
सपादसमपादार्धं मिश्रितं घोलकं मतम् । ।26 । ।
यत्पाद तोयसंमिश्रं तत्तक्रमिति कीर्तितम् ।
त्रिभागजलसंमिश्रं मिलितं कथयेद्भिषक् । ।27 । ।
सप्तभागाम्बुसंमिश्रं षाडबं तु तदिष्यते ।
नवभागाम्भसा मिश्रं तच्चातिमिलितं स्मृतम् । ।28 । ।

According to the well learned Physicians, buttermilk is ten types viz., Udaśvit, Mathitaṃ, Daṇḍāhataṃ, Kālaśeyam, Dormathitaṃ, Golakaṃ, Takram, Militaṃ, Ṣāḍabaṃ and Atimilita. 1.Udaśvit – Buttermilk prepared by adding half the quantity of water to the curd. (C:W=1:½). 2.Mathitaṃ - Buttermilk prepared without adding water to the curd. (C:W=1:0). 3.Daṇḍāhataṃ - Buttermilk prepared by adding twice the amount of water to the curd. (C: W=1:2). 4.Kālaśeyam- Buttermilk made by adding one and a half quantity of water to the curd. (C:W=1:1 ½). 5.Dormathitaṃ/ Bāhu-mathitaṃ - Buttermilk churned by mixing an equal quantity of water to the curd and churned with hands. (C:W=1:1). 6.Golakaṃ - Buttermilk prepared by adding three quarters of water to one part of curd. (C:W=1: ¾). 7.Takram - Buttermilk prepared by adding one fourth/quarter quantity of water to the curd. (C:W=1: ¼). 8.Militaṃ- Buttermilk prepared by mixing three parts of water to the curd. (C:W=1:3). 9.Ṣāḍabaṃ - Buttermilk prepared by churning seven parts of water to one part of curd. (C:W=1:7). 10.Ati militaṃ - Buttermilk prepared by churning nine parts of water to one part of curd. (C:W=1:9). [21-28].

(14)
Qualities Udaśvit, Mathitaṃ, Takram, Daṇḍāhataṃ, Kālaśeyam, Golakaṃ, Bāhumathitaṃ, Militaṃ, Ṣāḍabaṃ, Atimilitaṃ (tadguṇāḥ/ तद्गुणाः)

उदश्विदभिघातघ्नं मथितं पित्तनाशनम् ।
तक्रं कफहरं ज्ञेयं दीप्तं दण्डाहतं भवेत् । ।29 । ।
कालशेयं हरेन्मेहान् गोलकं ग्रहणीहरम् ।
वातजिद्बाहुमथितं मिलिताख्यं त्रिदोषनुत् । ।30 । ।
षाडवं(बं) सर्वदोषघ्नं मिलिताति विदाहनुत् ।
क्रमेण लाघवं तेषां रूक्षं तक्रं त्रिदोषनुत् । ।31 । ।

Udaśvit alleviates injuries, Mathitaṃ pacifies pitta, Takram mitigates kapha, Daṇḍāhataṃ kindles appetite, Kālaśeyam is effective in polyuria, Golakaṃ relieves disorders of lower gastrointestinal tract, Bāhumathitaṃ wins over

the diseases of vāta, Militaṃ alleviates tridoṣas, Ṣāḍabaṃ pacifies all doṣas, and Atimilitaṃ relieves burning sensation. These are easier to digest and ununctuous (dry) in succeeding order than the former. Buttermilk alleviates tridoṣas [29-31].

(15)
Importance of Buttermilk
(takraprasaṃsā/ तक्रप्रशंसा)

तक्रं सदारोग्यकरं नराणां सर्वामयानां च निरामयार्थम् ।
सर्वेषु कालेषु च तक्रमिष्टं भक्तस्य दोष प्रशमाय शस्तम् । ।32 । ।

Buttermilk is always healthy. It is effective and wholesome in all diseases (as curative) and to prevent diseases, in all seasons and is useful in relieving the complication arising due to intake of favourite/incompatible foods [32].

(16)
Buttermilk made from curd which is well formed/fully set
(jātatakra guṇāḥ/ जाततक्र गुणाः)

कामलां कफवातौ च जाततक्रं व्यपोहति ।33 ।

Buttermilk prepared by churning well-transformed curd relieves jaundice and diseases caused by kapha and vāta [33].

(17)
Buttermilk made from curd which is not well formed
(mandajāta takra guṇāḥ/ मन्दजात तक्र गुणाः)

मन्दजातं भवेत्तक्रं रूक्षाभिष्यन्दि दुर्जरम् ।34 ।

Buttermilk made from curd, which needs to be better formed/fully transformed, is dry/un-unctuous, causes obstruction of channels and takes a long time to digest [34].

(18)
Buttermilk made from curd which is formed by boiling milk extremely
(atijāta takra guṇāḥ/ अतिजात तक्र गुणाः)

अतिजातं भृशोष्णाम्लं तीक्ष्णात्पित्तविवर्धनम् ।35 ।

Buttermilk made from curd, which is formed by boiling milk extremely, is very hot and sour; due to its sharp nature, it aggravates pitta [35].

(19)
Buttermilk utilization
(takraprayogāḥ/ तक्रप्रयोगाः)

तक्रमामं कफं कोष्ठे हन्ति कण्ठे करोति च ।36 ।(भा.प्र.)
वातेऽम्लं सैन्धवोपेतं स्वादु पित्ते च शर्करम् ।
पिबेत्तक्रं कफे चापि व्योषक्षारसमन्वितम् । ।37 । ।
ईषदम्लं तु तद्वृष्यं व्यक्ताम्लं दीपनं परम् ।
पीनसश्वासकासादौ सिद्धमेव प्रशस्यते । ।38 । । (भा.प्र.)
सर्वदा दोषजित्तक्रं ग्रहण्यां दोषकृद् व्रणे ।
ग्रहणी शोषिणां तक्रं दीपनं ग्राहि लाघवम् । ।39 । ।
स्निग्धं मधुर पाकत्वान्न च पित्तप्रकोपनम् ।
कषायोष्णविपाकत्वाद्रूक्षं स्यात्तत्कफे हितम् । ।40 । ।
तत्प्रयोज्यं यथादोषं सस्नेहं रूक्षमेव च ।
ग्रहणीदीपनं तक्रं नरस्सलवणं पिबेत् । ।41 । ।
सगुडं मूत्रकृच्छ्रेषु शुण्ठीचूर्णेन पाण्डुषु ।42 ।
अर्शोविकारे कुटजेन मिश्रं पिभेत्तु तक्रं मधुना प्रमेही ।
सर्वामयानामथचित्रकेन धन्वन्तरिः प्राह च तत्प्रयोगान् । ।43 । ।

Buttermilk made from unformed curd pacifies kapha in the alimentary canal but aggravates kapha in the throat. Sour buttermilk along with rock-salt is useful in diseases due to vāta, sweet buttermilk along with sugar is beneficial in diseases due to pitta and in kapha diseases buttermilk along with trikaṭu and kṣāra (yava kṣāra) is effective. Buttermilk with a slight sour taste is aphrodisiac, with a sour taste kindles appetite. Well-churned buttermilk is effective in treating rhinitis, dyspnoea, cough, etc. It is always effective in the disorders of the lower gastrointestinal tract but vitiates doṣas in ulcers, causes emaciation by stimulating the digestive fire; it is water absorbent (causes constipation) and lightness to the body. As it is unctuous and sweet after digestion, it doesn't aggravate pitta. As it is astringent, hot and dry it is useful in kapha diseases. Curd with or without fat should be used according to the doṣas. According to the Dhanvantari school of thought, the usage of buttermilk is narrated as follows. In disorders of the lower gastrointestinal tract, buttermilk should be used along with salt for stimulating the digestive fire; in dysuria, along with jaggery; in anaemia, buttermilk should be along with powder of dry ginger; in haemorrhoids

buttermilk combined with kuṭaja; in diabetes, buttermilk with honey and buttermilk along with citramūla in all types of diseases [36-43].

(20)
Indications of Buttermilk
(takrasevyāḥ/ तक्रसेव्याः)

शीतकालेऽग्निमान्द्ये च कफोत्थेष्वामयेषु च ।
मार्गावरोधे सगरे प्रायस्तक्रं प्रशस्यते । ।44 । ।

Intake of buttermilk is effective in cold seasons, in diminished digestive fire, diseases of kapha, obstruction of channels and artificial poison [44].

(21)
Mathita buttermilk (curd curned without water)
(mathitaguṇāḥ/ मथितगुणाः)

पानीयेन विना कृतं मथितमित्याहुश्च सारान्वितम् ।
शोषव्याधिहरं जलोदरहितं पित्तानिलध्वंसनम् । ।45 । ।
बल्यं स्निग्धतरं प्रशस्तमरुचौ मूत्राभिघाते हितम् ।
प्रख्यातं ग्रहणीगदप्रहरणं सेव्यं पयोदात्यये । ।46 । ।

Buttermilk churned without adding water to the curd is known as Mathita. It is nutritious, effective in emaciation, ascites, diseases of pitta and vāta, anorexia, urinary retention, disorders of the lower gastrointestinal tract, imparts strength, is extremely unctuous and should be consumed during the end of the rainy season [45-46].

(22)
Militam buttermilk (1part curd, 3 parts of water)
(milita guṇāḥ/ मिलित गुणाः)

पादानां त्रितयान्वितेन सलिलेनोन्मथ्य सम्यक्कृतम् ।
पीतं तन्मिलितं प्रशस्तमरुचौ पक्वातिसारे हितम् । ।47 । ।
रोगान् लोचनगोचरानपि हरेद्रोगा नुदावर्तकान् ।
काश्र्यं मारुतशोणितस्य कुरुते काले समस्ते हितम् । ।48 । ।

Buttermilk prepared by churning three quarters of water added to one quarter of curd is known as Militam. It is effective in treating anorexia, chronic diarrhoea (pakvātisāra), ophthalmic diseases, obstipation, emaciation, rheumatism due to vāta and is wholesome in all seasons [47-48].

(23)
Gholakam buttermilk (1part curd, 3 parts of water)
(gholakaguṇāḥ/ घोलकगुणाः)

घोलाख्यं समसार्धपादसलिलेनालोलितं कथ्यते ।
वृष्यं तद्गरदोषमोक्षनिपुणं मन्दाग्निविध्वंसनम् । ।49 । ।
ओजस्यं विषमेहमोह हरणं श्लेष्माणमामं जये ।
द्घर्मे सम्भृतवासरार्थितजनः सोमेषु शस्तं सदा । ।50 । ।

Buttermilk prepared by churning the mixture of one part of curd and three-fourths/three-quarters of water is known as gholakaṃ. It is an aphrodisiac, removes the artificial poison, ignites the diminished digestive fire, promotes Ojas, and is useful in poison, polyuria, delusion, diseases of kapha, and vitiated Āma. It can be given as a drink for those aspiring coldness (to get rid of heat) in the summer [49].

(23)
Ṣāḍabaṃ buttermilk (1 part curd, 5 parts water)
(ṣāḍabaguṇāḥ/ षाडबगुणाः)

पञ्चांशेन विशिष्ट पूतसलिलेनालोडितं षाडबम् ।
जानीयादति सेवितं वितनुते काश्र्यं तथा श्लेष्मकम् । ।51 । ।
गुल्मं रक्तभवं गुदाङ्कुरमपि प्रायस्समुन्मूलयेत् ।
कान्तिं कामपि शं तनोति लघुतां पीतं वसन्तोदये । ।52 । ।

Ṣāḍabaṃ is buttermilk made by churning one part of curd along with five parts of water. Due to excess intake, it causes emaciation and aggravates kapha. It relieves abdominal lumps caused by vitiated Rakta and haemorrhoids, imparts good complexion. It induces lightness of the body if consumed during the beginning of spring season [51-52].
Note: In this context, Shādabam has curd and water in a 1:5 ratio, whereas under the types of buttermilk (takrabheda) section, the ratio of curd and water is mentioned as 1:7.

(24)
Kālaśeyam buttermilk (curd, water in equal quantity)
(kālaśeyaguṇāḥ/ कालशेयगुणाः)

अर्धार्धेन जलेन निर्मलतलेनालोड्य सम्यक्कृतम् ।
नाम्ना सम्प्रति कालशेयमुदितं तत्तद्गदोच्छेदनम् । ।53 । ।

पीतं तद्ग्रहणीगद श्वयथुजित्कायाग्निमान्द्यापहम् ।
प्रायः प्राप्तवलिप्ररोह हरणं हन्यात्प्रतिश्यायकम् । ।54 । ।

Buttermilk prepared by churning the mixture of half part of curd with half quantity of water with hands is known as Kālaśeyam. It is useful in disorders of lower gastrointestinal tract, oedema, diminished digestive fire, wrinkles on skin and rhinitis [53-54].
Note: Kālaseya also, the quantities of curd and water are contradictory to the version narrated under types of buttermilk (takrabheda).

(25)
Hand churned buttermilk
(karamathitaguṇāḥ/ करमथितगुणाः)

पयस्तुल्यं बल्यं करमथितमित्येतदुदितम् ।
निपीतं सस्नेहं जयति गुदकीलश्रमहरम् । ।55 । ।
नितान्तं वातघ्नं विशदमरुचिं हन्ति .... ।
चल... ..... घनरविघनेऽह्नि मथितम् । ।56 । ।

Buttermilk churned by hand by adding an equal curd to water is known as Karamathitam. It imparts strength, is unctuous and its intake, relieves haemorrhoids, physical exhaustion, and diseases of vāta, aids cleansing and removes anorexia [55-56].
Note: last line of the śloka is incomplete and so the existing verse is not providing adequate meaning.

(26)
Udaśvit buttermilk (3 parts curd, 1 part water)
(udaśvidguṇāḥ/ उदश्विद्गुणाः)

पादेनामलवारिणा विलुलितं चोदश्विदित्युच्यते ।
गुल्मघ्नं त्वभिघातसम्भवगदान्नानाविधानपि । ।57 । ।
हन्यात्तद्ग्रहणीगदार्तिमतुलां सौख्यप्रदं पुष्टिदम् ।
तत्कालहितं समीरणकुलप्रध्वंसनायोदितम् । ।58 । ।

Buttermilk made by mixing one-quarter quantity of pure water to curd is known as udaśvit. It is beneficial in abdominal lumps, complications arising from injuries, and disorders of the lower gastrointestinal tract, imparts happiness and nourishment, is wholesome in the respective seasons and alleviates all disorders caused by vāta [57-58].
Note: The quantities of curd and water of udaśvit are contradictory to the version narrated under types of buttermilk (takrabheda).

(27)
Daṇḍāhatam buttermilk (1 part curd, 2 parts water)
(daṇḍāhataguṇāḥ/ दण्डाहतगुणाः)

तोयेन द्विगुणेन साधु रचितं दण्डाहतं कथ्यते ।
तत्कायाग्निविवर्धनं लघुतरं सेव्यं सदा धीमताम् । ।59 । ।
नानासान्द्रसुरेक्षुपिष्टसिकतामुख्यप्रमेहान्गदान् ।
सद्यो हन्ति गुदाङ्कुरानुदरगान् नानान्नपानं पचेत् । ।60 । ।

Tasty buttermilk prepared by churning a double quantity of water to that of curd is known as Daṇḍāhatam. It stimulates all types of fire in the body and is extremely easy to digest. It is wise to consume it always. It instantly alleviates various types of diabetes like sāndra, sura, ikṣu, piṣṭa, sikatāmeha, etc. and is also beneficial in haemorrhoids, abdominal diseases and aids digestion of various types of foods and drinks. Daṇḍāhatam is prepared using a churner (a wooden stick specially designed for churning curd to make buttermilk) [59-60].

(28)
Appreciation of buttermilk
(takraprabhāvaḥ/ तक्रप्रभावः)

देवानाममृतं यथा तनुभृतां सञ्जीवनं चौषधम् ।
.. .. वात्र तक्रं विदुः । ।61 । ।
आम्लस्यातिशयात्समीरणकुलं पित्तोन्नतिं स्वादुतः ।
श्लेष्मघ्नं परमं कषायरसतः पीतस्समुन्मूलयेत् । ।62 । ।

As nectar is to Gods so is buttermilk to humans, like the medicine Sañjīvanaṃ (which revives the dead/elixir). Intake of buttermilk, which is very sour, alleviates disorders of vāta, that which is sweet pacifies aggravated pitta, and that which is extremely astringent in taste mitigates kapha [61-62].

(29)

Excessively churned buttermilk

(ati milita takraṃ/ अति मिलित तक्रं)

पादेन द्विगुणीकृतेन सलिलेनोन्मथ्य सम्यक्कृतम् ।
कायेनात्र वदन्ति चातिमिलितं नाम्ना भिषक्पुङ्गवाः ।।63।।
तत्पीतं रसमौषधं मुखगदान् रोगाननेकान् जयेत्
गुल्मप्लीहभगन्दरानुदरगानर्शांसि भूयांसि च।।64।।

According to the well-learned Physicians, two-quarters of water added to a curd and churned well is known as ati militam. Intake of ati militam serves as medicine in oral disorders and many diseases. It is also useful in abdominal lumps, splenic disorders, fistula-in-ano, abdominal diseases and haemorrhoids [63-64]. Note: here, for Atimilitam also, the quantities of curd and water are contradictory to the version narrated under types of buttermilk (takra).

(*)

Another reading

(pāṭhāntare/ पाठान्तरे)

चक्रं यथा दैत्यहरं सुराणां भयापहाराय पुरा मुरारेः ।
तक्रं तथैवामयदुःखितानां दुःखापहराय वदन्ति वैद्याः ।।65।।
पुरा यथा रामशरस्सुराणां हिताय सर्वाहितनाशकारी ।
तक्रं सदा सर्वगदं नराणां हिताय धन्वन्तरिणा प्रणीतम् ।।66।।

Physicians preach as follows. Like Lord Viṣṇu who killed demons in the past with his celestial discus and dispelled the fear of gods, buttermilk also relieves the sorrows of diseased humans. According to the Dhanvantari school, like an arrow of Lord Rāma, which counters all harmful effects and causes well-being of gods, so is buttermilk to humans alleviating all diseases and is always wholesome [65-66].

(30)

Season wise buttermilk usage

(ṛtuṣu takrapānakramaḥ/ ऋतुषु तक्रपानक्रमः)

हेमन्ते शिशिरे पिबन्तु मथितं तक्रं वसन्ते ऋतौ ।
नैदाघे च ऋतावुदश्विदुदितं स्याद्ग्लोलकं प्रावृषि ॥ 67 ॥
रूक्षं स्यान्मिलितं घनान्तसमये तत्कालशेयं तदा ।
सोऽयं षट्सु ऋतुष्वपि प्रणिहितं स्यात्तक्रपानक्रः ॥ 68 ॥

The following types of buttermilk are advised for consumption in different seasons: mathita during hemanta ṛtu and śiśira ṛtu; takra during vasantaṛtu; udaśivt during nidāgha, grīṣma ṛṭu, golaka during varṣa ṛṭu; milita (devoid of butter) and kalaśeya during the last phase of varṣa ṛtu and śarad ṛtu [67-68]

(31)

Buttermilk contraindications

(takravarjyāḥ/ तक्रवर्ज्याः)

नैव तक्रं क्षते दद्यान्नोष्णकाले न दुर्बले ।
न मूर्च्छाभ्रमदाहेषु न रोगे रक्तपैत्यके ॥70 ॥

Buttermilk is contraindicated for a person suffering from consumption, injury, syncope, giddiness, thirst and bleeding from orifices and during the hot season and who has physical debility [70]

(*)

Variant text

(granthāntare/ ग्रन्थान्तरे)

पीनसे चाक्षिरोगे च व्रणे चामज्वरेऽपि च ।
नैव तक्रं प्रशंसन्ति नोष्णकाले न दुर्बले ।71 ।
भ्रमे दाहे च मूर्छायां कफोद्रेके विवर्जयेत् ।72 ।

Buttermilk is contraindicated in rhinorrhoea, eye disorders, injuries, wounds, acute fever, giddiness, burning sensation, syncope, and severe kapha disorder and during summer [71-72].

इति द्रव्यरत्नावल्यां तक्रवर्गः समाप्तः

Here ends the description of the Category of various types of buttermilk in Dravyaratnavali.

5. BUTTER GROUP

Navanītavargamāha / नवनीतवर्गमाह

Now, the description of the category of various types of butter

(1)

General qualities of Butter

(sāmānya navanītaguṇāḥ/ सामान्य नवनीतगुणाः)

नवनीतं नवं वृष्यं शीतं वर्ण्यं बलाग्निकृत् ।
सङ्ग्राहि वातपित्तासृक् क्षयार्शोऽर्दितकासनुत् ।।1।।
चक्षुष्यं बालवृद्धानां प्रशस्तं सौकुमर्यकृत् ।2 ।

Fresh butter is aphrodisiac, cold in nature, imparts good colour to the body, increases strength and kindles digestive fire, promotes hard stools, is good for eyes, alleviates disorders caused by imbalance of vāta, pitta and raktadoṣa, destroys phthisis, haemorrhoids, facial paralysis, cough. Fresh butter imparts smoothness and is especially good for children and old persons [1-2].

(2)

Fresh butter

(nava navanītaguṇāḥ/ नव नवनीतगुणाः)

नवनीतं नवं ग्राहि शीतं वृष्यं सुवर्णकृत् ।
बल्यं पुष्टिकरं ज्ञेयं वातासृक्पित्तनाशनम् ।।3 ।।

Fresh butter causes constipation and bowel movement; it is cold in potency and aphrodisiac and gives lustre to the skin. Gives strength and power. It pacifies vāta and destroys bleeding disorders [3].

(3)

Old butter

(purāṇa navanītaguṇāḥ/ पुराण नवनीतगुणाः)

गुर्वभिष्यन्दि चक्षुष्यं नवनीतं चिरोत्थितम् ।4 ।

Old butter is heavy for digestion and obstructs channels but is good for the eyes [4].

(4)

Qualities of butter prepared from milk

(kṣīrottha navanītaguṇāḥ/ क्षीरोत्थ नवनीतगुणाः)

क्षीरोद्भवं तु सङ्ग्राहि रक्तपित्ताक्षिरोगजित् ।5 । (अ. हृ.)

Butter prepared from milk causes constipation and alleviates bleeding disorders and eye disorders [5].

(*)

Variant text

(granthāntare/ ग्रन्थान्तरे)

क्षीरोद्भवं ग्राहि सुशीतवीर्यं स्निग्धं सपित्तं विनिहन्ति रक्तम् ।
नेत्रामयस्फोटकदाहनुत्स्यात् विसर्परोगे च हितं सदाहे ।।6 ।।

Butter prepared out of milk causes constipation,is cold in potency, unctuous and alleviates bleeding disorders, eye disorders, boils, burning sensation, erysipelas associated with burning sensation [6].

(5)

Cow milk butter

(gavya navanītaguṇāḥ/ गव्य नवनीतगुणाः)

नवनीतं तथा गव्यं वातपित्ताक्षिरोगजित् ।
प्रशस्तं बालवृद्धानां क्षयकासार्तितापहम् ।।7 ।।
अग्निदीप्तिकरं वृष्यं ग्राहि पथ्यं हिमं लघु ।8 ।

Butter of Cow milk alleviates eye disorders and ailments of vāta and pitta. It is best for children and old persons; it is good to treat phthisis and cough. Kindle's digestive fire is aphrodisiac and has a cold potency. Light in nature and wholesome to the body[7-8].

(*)

Another reading

(pāṭhāntare/ पाठान्तरे)

नवनीतं गवां वृष्यं तेजोधातुविवर्धनम् ।
त्रिदोषशमनं ग्राहि शिशूनां परमौषधम् ।।9 ।।

Butter of cow milk is an aphrodisiac, increases brilliance, nourishes bodily tissues, pacifies all the three doṣas, causes constipation, and is considered the best medicine for children [9].

(6)

Buffalo (milk) butter

(māhiṣa navanītaguṇāḥ/ माहिष नवनीतगुणाः)

माहिषं नवनीतं च वातश्लेष्मकरं गुरु ।
दाहपित्तश्रमान् हन्ति मेदश्शुक्लविवर्धनम् ।।10 ।।

Butter prepared from buffalo's milk pacifies vāta and pitta; it is heavy for digestion, alleviates burning sensation bleeding disorders, and increases adipose tissue (medodhātu) and reproductive tissue (śukradhātu) [10].

(7)

Goat (milk) butter

(ajā navanītaguṇāḥ/ अजा नवनीतगुणाः)

अजानां नवनीतं च क्षयकासार्तिमेहजित् ।

गुल्मशूलास्रकण्डूघ्नं ज्वरपाण्डुविनाशनम् ।।11 ।।

Butter from goat's milk destroys phthisis, cough, polyuria, colicky pain, blood disorders, Itching, fever and anaemia [11].

(8)

Sheep (milk) butter

(āvika navanītaguṇāḥ/ आविक नवनीतगुणाः)

आविकं नवनीतं स्वाद्वातघ्नं बृंहणं गुरु ।

वृष्यं बलकरं शीतमग्निदीप्तिकरं परम् ।।12 ।।

Butter from sheep milk pacifies vāta, is nutritive, heavy for digestion, aphrodisiac, gives strength to the body, is cold, and is best in kindling digestive fire [12].

(9)

Elephant milk butter

(gajottha navanītaguṇāḥ/ गजोत्थ नवनीतगुणाः)

नवनीतं गजोत्थं तद्वृष्यं बलकरं गुरु ।

शीतपित्तानिलान्हन्ति गुरुश्लेष्म विवर्धनम् ।।13 ।।

Butter prepared from elephant's milk is aphrodisiac, nourishing, heavy, destroys urticaria, pacifies vāta and increases kapha [13].

(10)

Camel (milk) butter

(auṣṭra navanītaguṇāḥ/ औष्ट्र नवनीतगुणाः)

औष्ट्रं नवनीतं तु शोफवातकफापहम् ।

क्रिमिकण्डूदरानाह कासहिध्मार्शसां हितम् ।।14 ।।

Butter prepared out of camel milk destroys inflammation, vāta, kapha, is best in treating worm infestation, itching, ascites, distension, cough, hiccups and hemorroides [14].

(11)

Butter intake order

(navanīta sevanakrama नवनीत सेवनक्रम)

ग्रीष्मे शर्करया शरत्सु समये स्यात्पञ्चकोलान्वितम् ।

वर्षर्तौ यवलाजसक्तुसहितं सिन्धूत्थ युक्तं हिमे ।।15 ।।

पिप्पल्या शिशिरे वसन्तसमये शुण्ठ्यूषणा मिश्रितम् ।

नव्यं गोनवनीतकं दिनमुखे खादेच्चिरायुर्भवेत् ।।16 ।।

In summer, one should consume butter along with sugar; in autumn season, butter should be taken along with five spices (pañcakola) in rainy season butter should be taken along with barley, parched grain, rice flour, in early winter it should be consumed with rock salt, in winter butter is to be taken along with long pepper, in spring butter should to be taken with six spices (ṣaḍūṣaṇa) [15-16]

Note: five spices (pañcakola): long pepper (pippali-Piper longum Linn; long pepper root (pippalimūla)-., piper chilli (cavya)-Piper chaba Hunter., wild leadwort (citraka)-Plumbago zeylanica Linn., lime water-soaked dry ginger (Śunṭhi)-Zingiber officinale Roscoe.)

Note: Six spices (ṣaḍūṣaṇa) (pañcakola + marica

इति द्रव्यरत्नावल्यां नवनीत वर्गः समाप्तः

Thus, the chapter on various types of butter in Dravyaratnāvali is completed.

6. GHEE GROUP

Ghṛtavargamāha / घृतवर्गमाह

Now, the description of the category of various types of ghee

(1)
General qualities of ghee
(ghṛta sāmānya guṇāḥ/ घृत सामान्य गुणाः)

धीमेधाग्निबल स्मृतीन्द्रियहितं चक्षुष्यमायुःप्रदम् ।
शुक्रोद्रेककरं स्वरे हितकरं कान्तिप्रजावृद्धिदम् ।।1 ।।
बाले वृद्धतमे च पुष्टिजननं क्षीणे क्षते पूजितम् ।
तत्सर्पिर्ज्वरपीडिततनोः पथ्यं मनोन्मादजित् ।।2 ।।
वाते पित्ते च दोषे ज्वरगतविकृतौ शस्तमश्रीहरं तत् ।
स्नेहानां प्रवरं स्मृतं च वयसः संस्थापनं शीतलम् ।।3 ।।

Ghee is good for intellect, intelligence, strength, memory, senses, eyes and longevity. Increases śukradhātu in the body, is good for voice complexion and helps to increase the progeny/offsprings, gives strength/nourishment to children and old. It is best for those who are emaciated due to diseases and injuries. Alleviates mental disorders. Wholesome for those who are afflicted with fever. Best in alleviating vāta, pitta and different kinds of fevers. Removes evil fortune. It is best among the four kinds of unctuous substances. It stops ageing and is cold (in nature)[1-3].

(2)
Cow ghee
(goghṛta guṇāḥ/ गोघृत गुणाः)

गव्यं घृतं पवनपित्तहतरं च रुच्यं सन्दीपनं
स्थविरबालकयोः प्रशस्तम् ।
उन्मादपाण्डुगरशूलविसर्पिचित्तविभ्रान्तिषु प्रथितमेव तदेव पथ्यम् ।।4 ।।

Cow's ghee alleviates vāta, pitta and is tasty, kindles digestive fire. Best for children and old persons. Best wholesome diet in psychosis, anaemia, poisoning, colicky pain, erysipelas, mental disorders [4].

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

सर्पिर्गवाममृतं विषघ्नं चक्षुष्यमायुष्यकरं च वृष्यम् ।
रसायनं वर्ण्यमतीव मेध्यं स्नेहोत्तमं चेति बुधाःस्तुवन्ति ।।5।।

Intellectual people praise that cow ghee is like ambrosia, destroys effects of poison, good for eyes, increases life span, aphrodisiac, rejuvenating, improves skin colour and intellect, best among the four unctuous substances (snehas) [5].

(3)
Freshly heated ghee
(sadyastaptaghṛtaguṇāḥ/ सद्यस्तप्तघृतगुणाः)

सद्यस्तप्तं सर्वदोषापहं तत्सर्पिः शस्तं सौरभेयीनृपाणाम् ।
तस्माच्छ्रेष्ठं गव्यमाज्यं शिशूनां मेध्यं वर्ण्यं सर्वरोगप्रणाशम् ।।6 ।।

Just heated ghee destroys all doṣas. Cow ghee is best among all. Improves intellect in children, improves skin colour, destroys all diseases [6].

(4)
Improperly heated ghee
(pakvahīnaghṛtaguṇāḥ/ पक्वहीनघृतगुणाः)

पक्वहीनं तु यत्सर्पिरामकार्यरुचिप्रदम् ।
सक्षारकटुकास्लत्वाच्छर्घ्यर्शः कुष्ठकारि च ।।7 ।।

Ghee, which is not properly heated, causes an incomplete digestive and metabolic state (āma doṣa) and anorexia. Slightly alkaline, due to its pungent and sour tastes, causes vomiting, haemorrhoids, and leprosy [7].

(5)
Buffalo ghee
(mahiṣī ghṛtaguṇāḥ/ महिषी घृतगुणाः)

घृतं महिष्या विनिहन्ति वह्निं मेदस्करं मेहहरं च बल्यम् ।
वृष्यं शीतं स्थौल्यकृच्छ्लेष्मकारि
तस्मान्नित्यं सर्वकालं न सेव्यम् ।।8 ।।

Buffalo ghee causes diminished digestive fire. Increases strength, body fat and destroys polyuria. It is aphrodisiac and cold in nature. As it increases kapha it should not be consumed regularly and at all times [8].

(*)

Another reading

(pāṭhāntare/ पाठान्तरे)

माहिषं घृतमतीव शीतलं पित्तहारि पवनप्रकोपनम् ।
पाण्डुहृदरुचिकामलापहं बृंहणं तदतिवह्निसादनम् ।।**9** ।।

Buffalo ghee is excessively cold in nature, pacifies pitta and increases vāta. It destroys anaemia, tastelessness and jaundice. It is nourishing and causes diminution of digestive fire [9].

(6)

Goat ghee

(ajā ghṛtaguṇāḥ/ अजा घृतगुणाः)

आजं सर्पिःपथ्यमुष्णं कफघ्नं कासश्वासौ रोगराजं निहन्ति ।
हिध्माध्मानौ गुल्मशूलोदराणि मन्दाग्नित्वं सातिसारज्वरघ्नम् ।।**10** ।।

Goat ghee is wholesome, hot in nature and pacifies kapha. Destroys cough, respiratory disorders and phthisis. Helps in treating hiccough, distension of abdomen, abdominal lump, colicky pain, ascites, decreased digestive fire, diarrhoea associated with fever[10].

(*)

Another reading

(pāṭhāntare/ पाठान्तरे)

सर्पिस्त्वजानां मधुरं च शीतं वाते च पित्ते च हितं लघु स्यात् ।
चक्षुष्यमिष्टं कफकोपने च वस्तेर्विशुद्धिं च करोति बल्यम् ।।**11** ।।

Goat's ghee is sweet in taste, cold in nature, wholesome in vāta and pitta disorders, light in nature, good for eyes. Pacifies increased kapha. Acts as a bladder cleanser and strength promoter[11].

(*)

Variant text

(granthāntare/ ग्रन्थान्तरे)

मेध्यं बल्यं सर्वरोगप्रणाशं बालानां शोषहृच्छ्वासहारि ।**12** ।
आजं घृतं दीपनीयं चक्षुष्यं बलवर्धनम् ।
कासश्वासक्षये चापि पथ्यं पाके च तल्लघु ।।**13** ।।

Goat's ghee improves intellect strength and destroys all diseases. Cures emaciation and dyspnoea in children. Kindles digestive fire is good for the eyes and increases strength. Light for digestion. Wholesome in cough, dyspnoea and phthisis [12-13].

(7)

Sheep ghee

(āvikaghṛtaguṇāḥ/ आविकघृतगुणाः)

आविकं घृतमतीव दुर्जरं श्लेष्मकृत्पवनहारि पित्तलम् ।**14** ।

Sheep's ghee takes more time to digest. Increases kapha pitta and pacifies vāta [14].

(*)

Variant text

(granthāntare/ ग्रन्थान्तरे)

पाके लघ्वाविकं सर्पिर्न च पित्तप्रकोपनम् ।
कफेऽनिले योनिदोषे योनिकन्दे च तद्धितम् ।।**15** ।।

Sheep's ghee is light in the post-digestion phase (vipāka), aggravates pitta, and is wholesome in disorders of vāta, pitta and disorders of female genital organs and disease of the vulva or lower vaginal canal [15].

(8)

Elephant ghee

(hastinī ghṛtaguṇāḥ/ हस्तिनी घृतगुणाः)

हस्तिनीजनितं सर्पिः स्थैर्यकृद्बृंहणं गुरु ।
वातपित्तहरं शैत्यं श्लेष्मलं विषनाशनम् ।।**16** ।।

Elephant ghee is nourishing, increases the firmness of the body, is heavy for digestion, pacifies vāta and pitta, is cold, increases kapha and destroys the effects of poison [16].

(9)

Camel ghee

(auṣṭraghrutaguṇāḥ/ औष्ट्रघृतगुणाः)

औष्ट्रिकं दीपनं सर्पिर्भृशं वातानुलोमनम् ।**17** ।

Camel ghee kindles digestive fire and guides the movement of vāta in the right direction[17].

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

औष्ट्रं कटु घृतं पाके शोफ क्रिमिविषापहम् ।
दीपनं कफवातघ्नं कुष्ठगुल्मोदरापहम् ।।18 ।।

Camel's ghee is pungent in taste and has a post-digestive effect. It destroys swellings, worm infestation, and poisoning effects. Kindles digestive fire pacifies kapha and vāta. Helps in treating leprosy, abdominal lumps and ascites [18].

(10)
Wild boar ghee
(varāhasarpiguṇāḥ/ वराहसर्पिगुणाः)

वराहसर्पिमधुरं बृंहणं वीर्यवर्धनम् ।
बल्यं पुष्टिकरं शीतं भग्नसन्धानकृत्परम् ।।19 ।।

Wild boar (pig) ghee is sweet; it has the quality of making the body firm and strong, increases śukra dhātu, strengthening, nourishing, cold and best in joining fractured bones [19].

(11)
Ten-year-old ghee
(daśavarṣapurāṇaghṛtaguṇāḥ/ दशवर्षपुराणघृतगुणाः)

दशवर्षस्थितं सर्पिर्लाक्षारसनिभं परम् ।
शशलोहित सङ्काशं पुराणमिति संज्ञितम् ।।20 ।।
अपस्मारमन उन्मादमूर्छाया योनिजान् गदान् ।
शिरःकर्णाक्षिकान् हन्ति व्रणशोधनरोपणम् ।।21 ।।

Ten years old ghee has the colour of water in which lac is soaked. Ghee, which resembles the colour of rabbit's blood, is considered old ghee. Purāṇaghṛta destroys epilepsy, schizophrenia/mental disorders, vaginal disorders, fainting, disorders of the head, disorders of the ear, and disorders of the eye, and cleanses and heals the ulcers [20-21].

(*)
Variant text
(granthāntare/ ग्रन्थान्तरे)

मदापस्मारमूर्छाया शिरःकर्णाक्षियोनिजान् ।
पुराणं जयति व्याधीन् व्रणशोधनरोपणम् ।।22 ।।
षष्ठवर्षप्रभृति तु पुराणमिति कथ्यते ।
वर्षमेकादशं प्राप्य सर्वरोगहरं परम् ।।23 ।।
दशवर्षस्थितं सर्पिर्हितं तिमिरनशनम् ।24 ।

Old ghee is good for those who are afflicted with alcohol intoxication, epilepsy, fainting, and disorders of the vagina, head, ear, and eyes. It has wound-healing properties; Ghee whic is older than six years, is also considered purāṇaghṛta. Ghee, which is eleven years old, has the property of destroying all kinds of diseases. Ten-year-old ghee treats blurred vision and is wholesome to the body [22-24].

(12)
Hundred-year-old ghee
(purāṇaghṛtaguṇāḥ/ वर्षशतंपुराणघृतगुणाः)

सर्वनेत्रविकारघ्नं भगन्दरविनाशनम् ।
शिरोरोगेषु च प्रायः कर्णरोगेषु शस्यते ।।25 ।।
स्थितं वर्षशतं भूमौ कूपे सर्पिस्तु यत्पुनः ।
पूर्वोक्तांश्चाधिकान् कुर्याद्गुणांस्तदमृतोपमम् ।।26 ।।

Ghee is wholesome to persons afflicted with all kinds of eye disorders, fistula, and disorders of the ear and head. Ghee, stored for a hundred years, will have the above qualities (of purāṇaghṛta) in more potency and is considered equal to ambrosia [25-26].

(13)
Coconut milk ghee
(nārikelasarpiguṇāḥ/ नारिकेलसर्पिगुणाः)

नारिकेलोद्भवं सर्पिर्बृंहणं बलवर्धनम् ।
केश्यं पित्तानिलहरं मधुरं रसपाकयोः ।।27 ।।

Ghee made from coconut milk strengthens the body and increases its bulkiness. It is good for hair, alleviates pitta, is sweet and has a digestive effect [27].

(14)
Supernatant ghee
(ghṛtamaṇḍa guṇāḥ/ घृतमण्ड गुणाः)

तद्वच्च घृतमण्डोऽपि रूक्षस्तीक्ष्णस्तनुस्सरः ।
हितो नस्ये हरेच्छूलं शिरःकर्णाक्षियोनिजान् ।।28 ।।

Clear supernatant liquid portion of the ghee (ghṛtamaṇḍa) has a quality of dryness and sharpness. Acts as laxative. Helps in reducing the weight. Good for nasal medication. Useful in treating different kinds of pains, diseases of ear, eye, female genitalia and disorders of head [28].

(15)
Hundred times cleansed ghee
(śatadhautaghṛtaṃ/ शतधौतघृतं)

शीते तोये निक्षिपेत्सिद्धमाज्यं पश्चात्सम्यक् घर्षयेत्तद्वलेन ।
आश्वेताभं यद्घनान्तं प्रकुर्यात् धौताख्यं
तद्दाहमेहज्वरघ्नम् ।।29 ।।
गव्यक्षीरघृते श्रेष्ठे निन्दितं चाविकं स्मृतम् ।
विद्याद्दधिघृतादीनां गुणदोषान्यथा पयः ।।30 ।।

Cow ghee should be kept in cold water and ground well with hands. This process should be repeated a hundred times, changing the water each time. It should be used after getting solidified. This Śatadhautaghṛtaṃ destroys burning sensation, diabetes mellitus and fever. Cow milk and ghee are best among all. Sheep's milk and ghee are considered the worst among all. If the qualities of curd, ghee and other milk products are not mentioned separately, then the qualities of milk should be considered as the qualities of those milk products [29-30].

इति द्रव्यरत्नावल्यां घृतवर्गः समाप्तः

Thus, the chapter on the category of ghee in Dravyaratnāvali is completed.

7. SUGARCANE GROUP

Ikṣuvargamāha / इक्षुवर्गमाह

Now, the description of the category of various types of sugar cane.

(1)
Types of Sugarcane
(ikṣubhedhāḥ/ इक्षुभेधाः)

इक्षुः पौण्ड्रककान्तारशतपर्वकवंशकाः ।
नेपालःषड्विधः प्रोक्तः शालिवत्परिकीर्तिताः ।।1 ।।

Ikṣu is of six types viz, Ikṣu, Pauṇḍraka, Kāntāra, Śataparvaka, Vaṃśakā, Nepāla. In terms of varieties, these are similar to the six varieties of rice[1].

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

नेपालश्शतपर्वा च कान्तारः पौण्ड्रकस्तथा ।
वांशकोऽनिलजश्चेति षड्भेदाश्चेक्षुजातयः ।।2 ।।

Nepāla, Śataparvaka, Kāntāra, Pauṇḍraka, Vaṃśakā and Anilaja are the six varieties of Ikṣu[3].

(2)
Colours of Sugarcane
(ikṣu varṇāḥ/ इक्षु वर्णाः)

इक्षुः पीतं पौण्ड्रकं कृष्णरक्तं कान्तारं स्याच्छ्वेतपीतं तथैव ।
नेपालानां मिश्रवर्णं तु वंशं पाण्डुःश्वेतो वर्णतःस्यात् ।।3 ।।

Colour of Ikṣu variety is yellow, colour of Pauṇḍraka variety is black and red, colour of Kāntāra variety is white and yellow, Nepāla is mixed coloured and the colour of Vaṃśakā variety is ash/white [3].

(3)
Sugarcane -general qualities
(ikṣuguṇāḥ/ इक्षुगुणाः)

इक्षुःस्वादुःस्वादुपाकोऽनिलघ्नः स्निग्धश्शीतो नाशयेद्रक्तपित्तम् ।
भेदी वृष्यो मूत्रलःश्लेष्मकारी वायुं कुर्यात्सेवितो भोजनान्ते ।।4 ।।

Ikṣu variety of sugarcane is sweet in taste and post digestive effect. Pacifies vāta, unctuous and cold in nature, destroys raktapitta, laxative, aphrodisiac, induces frequent micturition, increases kapha. If taken at the end of the meal it causes vāta disorders [4].

(*)
Another reading
(pāṭhāntare/ पाठान्तरे)

इक्षो रसो गुरुः स्निग्धो बृंहणः कफमूत्रकृत् । (अ. हृ)
वृष्यश्शीतः पवनजिद्भुक्ते वातप्रकोपनम् ।।5 ।।
(वृष्यश्शीतोऽस्रपित्तघ्नः स्वादुपाकरसो रसः - अ.हृ)

Sugar cane juice is heavy in nature. Unctuous, nourishing, increases kapha, acts as diuretic, aphrodisiac, cold and pacifies vāta. According to Ācārya Vāgbhaṭa sugarcane juice acts as aphrodisiac, cold in nature, cures raktapitta, sweet in taste and post digestive effect [5].

(4)
Nepāla type of Sugarcane
(nepālekṣurasaguṇāḥ/ नेपालेक्षुरसगुणाः)

किञ्चिद्विदाहकः क्षारो नेपालेक्षुरसो गुरुः ।6 ।

The Nepāla variety of sugarcane causes burning sensation. It is alkaline and heavy to digest [6].

(5)
Śataparvaka type of Sugarcane
(śataparvaguṇāḥ/ शतपर्वगुणाः)

शतपर्वरसः स्निग्धो सकषायरसो गुरुः ।
श्रमक्लमहरो रुच्यः पैत्यशोणितनाशनः ।।7 ।।

Śataparvaka variety of sugarcane is unctuous, astringent in taste, heavy for digestion, and removes physical and mental fatigue. Imparts taste and destroys pittarakta [7].

(6)
Kāntāra type of Sugarcane
(kāntārएikṣuguṇāḥ/ कान्तारैक्षुगुणाः)

कान्तारस्य रसः पथ्यो लघुः किञ्चिद्विदाहकृत् ।8 ।

The Kāntāra variety of sugarcane is wholesome to the body. Light in nature. It slightly causes burning sensation [8].

(7)

Pauṇḍraka type of Sugarcane
(pauṇḍrakaguṇāḥ/ पौण्ड्रकगुणाः)

पौण्ड्रको गुरु विष्टम्भि विदाही वातपित्तहा ।
बृंहणो मधुरो वृष्यः कफमूत्रकरस्सरः ।।9 ।।

The Pauṇḍraka variety of sugarcane juice is heavy for digestion. It causes a burning sensation. Pacifies vāta and pitta. Nourishing, sweet in taste, aphrodisiac, and laxative, increases kapha and acts as a diuretic [9].

(8)

Vāṃśakā type of Sugarcane
(vāṃśikaguṇāḥ/ वांशिकगुणाः)

वांशिको बृंहणश्शीतो लघुः स्वादुरसो गुरुः ।
श्रमक्लमहरो रुच्यः पैत्यशोणितनाशनः ।।10 ।।

Vāṃśkā variety of sugarcane juice is nourishing, cold in nature, light for digestion, sweet in taste, and removes physical and mental fatigue. Imparts taste and destroys pitta, rakta doṣa[10].

(9)

Nīlaka type of Sugarcane
(nīlakaguṇāḥ/ नीलकगुणाः)

नीलको नीलवर्णस्तु दाहपित्तास्रजिद्गुरुः ।11 ।

The Nīlaka, the black variety of sugarcane, is heavy to digest. It helps in treating the burning sensation and raktapitta [11].

(*)

Variant text ()
(granthāntare/ ग्रन्थान्तरे)

इक्षूणां स्वरसोऽनिलकरःस्निग्धो गुरुर्बृंहणो ।
वृष्यो मूत्रकफावहो बलकरः शीतास्रपित्तापहः ।।12 ।।
पाके स्वादुरसो रसे च लवणःसोऽग्रे सितासन्निभः ।
दन्तैर्भक्षित ऐष गदितो विष्टम्भदाहादिकृत् ।।13 ।।

Sugarcane juice aggravates vāta, is unctuous, heavy for digestion, nourishing, aphrodisiac, acts as a diuretic, increases kapha, promotes strength, pacifies coldness, raktapitta, pitta, it has a salty taste, is sweet in post-digestive effect. While eating though, it has a salty taste if chewed at the end, it tastes like sugar. Consuming sugarcane causes constipation and burning sensation[12-13].

(10)

Thoroughly chewed sugarcane
(dantaniṣpīḍita ikṣurasa guṇāḥ/ दन्तनिष्पीडित इक्षुरस गुणाः)

रक्तपित्तप्रशमनो स्वादुपाकरसो गुरुः ।
सोऽग्रे सलवणो दन्तपीडितः शर्करासमः ।।14 ।।

Sugarcane juice, if consumed along with fruits, helps in treating raktapitta, it is sweet in taste and has a post-digestive effect. Like sugar, it is heavy for digestion at the beginning of its intake and has (mild) salty taste. [14].

(11)

Sugarcane juice expressed through machine
(yantraniṣpīḍita ikṣurasaguṇāḥ/ यन्त्रनिष्पीडित इक्षुरसगुणाः)

यान्त्रिको दुर्जरः स्निग्धः कालातिक्रमणाद्गुरुः ।
विदाही गुरुविष्टम्भी रसो मधुर एव च ।।15 ।।

Sugarcane juice, which is expressed through a machine, is indigestible. As the process of expressing the juice takes time, which makes the juice heavy for digestion. It causes a burning sensation and constipation, and it has sweet taste [15].

(12)

Stale Sugarcane juice
(paryuṣitekṣurasaguṇāḥ/ पर्युषितेक्षुरसगुणाः)

सर्वेषामिक्षुजातीनां रसः पर्युषितो गुरुः ।
मध्यमं मदयत्याशु विषवद्दोषकोपनः ।।16 ।।
दुर्जरं क्षारकृच्चास्रः शिरोगुरु च वातकृत् ।
अतिपानात्करोत्येव गुल्माध्मानोदकोदरम् ।।17 ।।

Stale sugarcane juice of all varieties is heavy to digest. If consumed, it will cause poisoning symptoms. Aggravates pitta. It is indigestible, alkaline, and has a sour taste. It is very heavy for digestion. Aggravates vāta. If taken in excess quantity, it causes gulma, abdominal distension, and ascites [16-17].

(13)

Contraindications for Sugarcane intake
(ikṣuvarjyāḥ/ इक्षुवर्ज्याः)

कुष्ठे प्रमेहे मन्दाग्नावुदरे पीनसे कफे ।
क्रिमिकोष्ठेऽरुचौ गुल्मे ज्वरे शोफे भगन्दरे ।।18 ।।
भुक्तान्ते श्लेष्मकाले च न पिबेदिक्षुजं रसम् ।19 ।

Persons who are suffering from skin diseases, diabetes, diminished digestive fire, ascites, cold, disorders of kapha, worm infestation, anorexia, gulma, fever, oedema and anal

fistula should avoid consumption of sugarcane juice [18-19].

(14)

Inspissated Sugarcane Juice

(phāṇitaguṇāḥ/ फाणितगुणाः)

भयकृद्दुर्वभिष्यन्दि फाणितं वस्तिशोधनम् ।20 ।

Inspissated/thickened sugarcane juice (jaggery) is heavy for digestion, bhayakari obstructs the channels in the body. Cleanses the bladder [20].

(15)

Cleaned white jaggery

(dhautaguḍa guṇāḥ / धौतगुड गुणाः)

धौतो गुडो नातिकफः सृष्टमूत्रशकृल्लघुः ।

सर्वं नवमभिष्यन्दि दोषलं चाग्निमान्द्यकृत् ।।21 ।।

Cleaned white jaggery doesn't aggravate the kapha excessively. It is light in nature, clears the obstruction of urine and faeces. New jaggery of all varieties causes obstruction of channels, aggravation of doṣas, diminution of the digestive fire [21].

(16)

Old jaggery

(purāṇaguḍaguṇāḥ/ पुराणगुडगुणाः)

पुराणं सर्वदोषघ्नं हृद्यं पथ्यं पथ्यतमं लघु ।22 ।

Old jaggery decreases all the doṣas. Good for the heart. Wholesome to the body. Light in nature [22].

(17)

Sugar

(śarkarāguṇāḥ/ शर्करागुणाः)

शर्करानिलपित्तघ्नी गुरु श्लेष्मकरी सरा ।23 ।

Sugar pacifies vāta, pitta, heavy in nature, increases kapha and acts as a laxative [23].

(18)

Fish egg shaped sugar

(matsyaṇḍikāguṇāḥ/ मत्स्यण्डिकागुणाः)

किञ्चिच्छ्वेता च मत्स्यण्डी पित्तानिलविनाशिनी । 24 ।

Ingrain/inoculate sugarcane juice slightly turns into white colour, it pacifies vāta and pitta [24].

(19)

Candied sugar

(khaṇḍaśarkarāguṇāḥ/ खण्डशर्करागुणाः)

खण्डाकृतिः खण्डसिता वातपित्ते प्रशस्यते ।

अन्तर्दाहे कफे रक्ते पित्ते शुक्ले हृदामये ।।25 ।।

Candied sugar is wholesome in disorders of vāta, pitta and kapha, wholesome for those who are suffering from burning sensation, raktapitta, disorders of semen and heart [25].

(20)

White sugar

(śvetaśarkarāguṇāḥ/ श्वेतशर्करागुणाः)

श्वेतातिशुभ्रा पित्तार्तावुन्मादे कामलागदे ।

मदात्यये च मूर्छायां स्मृतिभ्रंशे शिरोभ्रमे ।।26 ।।

पाण्ड्वामये रक्तपित्ते प्रदरे च प्रशस्यते ।27 ।

Good white variety of sugar is best for disorders of pitta, insanity, jaundice, alcohol intoxication, fainting, disturbed memory, anaemia, vertigo, raktapitta and menorrhagia [26-27].

(21)

Tavaraja type white sugar

(tavarājaguṇāḥ/ तवराजगुणाः)

तवराजस्तु तृष्णाघ्नः ज्वरदाहास्रपित्तनुत् ।

सुस्वादु शीतलं वृष्यं रुच्यमग्निबलप्रदम् ।।28 ।।

वातपित्तकफोद्भूतान् रोगान् हन्ति विशेषतः ।29 ।

The white variety of sugar removes thirst and helps treat fever, burning sensation, and bleeding disorders. It is sweet in taste, cold in nature, aphrodisiac, and imparts taste. Kindle digestive fire increases body strength, especially because it cures all the diseases due to vāta, pitta and kapha [29-29].

(22)

Contraindications for refined sugar intake

(śarkare varjyāḥ/ शर्करे वर्ज्याः)

कुष्ठगुल्मप्रमेहेषु क्रिमिशूलमहोदरे ।

शोफ ज्वरातिसारेषु जायन्ते येषु देहिनाम् ।।30 ।।

तेषु तेजतुरेताश्च शर्करा सर्वदेहिनाम् ।31 ।

Those who are suffering from skin diseases, gulma, diabetes, worm infestation, colic pain, ascites, oedema, fever and diarrhoea should avoid consumption of sugar [30-31].

इति द्रव्यरत्नावल्यां इक्षुवर्गः समाप्तः

Thus, the chapter on Ikṣu varga in Dravyaratnāvali is complete.

8. HONEY GROUP

Mākṣikavargamāha / माक्षिकवर्गमाह

Now, the description of the category of various types of honey.

(1)
Types of Honey
(madhu bhedāḥ/ मधु भेदाः)

क्षौद्रं भ्रामरपौत्तिके कदलिजं सन्माक्षिकं चेक्षुरो-
द्भूतं साहचरं पतेक्षुरसजं वल्मीकमौद्दालकम् । ।1 । ।
इत्येवं कथयन्ति तद्दशविधं सद्वैद्य विद्याविदः
सर्वव्याधिषु तद्गुणानपि सदा संवीक्ष्य संयोजयेत् । ।2 । ।

Honey is ten types. 1. Kṣaudra, 2. Bhrāmara, 3. Pauttika, 4. Kadalija, 5. Mākṣika, 6. Ikṣurodbhūta, 7. Sāhacara, 8. Patekṣurasaja, 9. Valmīka, 10. Auddālaka. A good physician should have knowledge of these ten types, their qualities and indications and how to use it [1-2].

(2)
Colour of of Honey
(mākṣika varṇāḥ/ माक्षिक वर्णाः)

माक्षिकं तिलजाकारं भ्रामरं धवलं स्मृतम् ।
क्षौद्रं तु कपिलाभं स्यात् पौन्तिकं चाज्यसन्निभम् । ।3 । ।
औद्दालं सरलाभं स्यात् कादलं पिच्छिलं विदुः ।
इक्षुरं तोयसङ्काशं तद्वत्क्लोदरजं स्मृतम् । ।4 । ।
वल्मीकप्रभवं सान्द्रमीषल्लोहितवर्णकम् ।
इक्षुरं कृष्णवर्णं च सान्द्रं बुद्बुदफेनिलम् । ।5 । ।

Mākṣikaṃ is similar to the colour of sesame oil, Bhrāmara is white, Kṣaudraṃ is brown, Pauttika resembles colour of ghee, Auddālakam is similar to colour of grass (Sarala), Kadalijaṃ is slimy, Ikṣuraṃ and Klodarajaṃ resemble water, Valmīkama is dense/thick and slightly red and Ikṣuraṃ is dark, thick and frothy with bubbles [3-5].

(3)
General qualities of Honey
(madhu sāmānya guṇāḥ/ मधु सामान्य गुणाः)

मधु पित्तास्रनुद्भेदि चक्षुष्यं श्लेष्मकुष्ठ नुत् ।
क्रिमिघ्नं छर्दिश्वासकासेऽप्यतिसारे प्रशस्यते । ।6 । ।

Honey mitigates aggravated pitta, blood (rakta), has a tendency to loosen/break stools (bhedi), and destroys vitiated kapha, skin disorders (kuṣṭha). Praiseworthy in the treatment of worm infestation, vomiting, cough, and diarrhoea [6]

(4)
Mākṣika type of honey
(mākṣikamadhu guṇāḥ/ माक्षिक मधु गुणाः)

माक्षिकं वातलं वश्यं कफपित्तापहं गुरु ।
चक्षुष्यं भेदि तृष्णाघ्नं श्वासहिध्मातिसारजित् । ।7 । ।

Mākṣikaṃ type of honey aggravates vāta, overcomes vitiated kapha, pitta. Heavy to digest, good for eyesight, has a tendency to loosen/break stools and relieves thirst. Useful in the treatment of dyspnoea, hiccoughs, and diarrhoea [7].

(5)
Bhrāmaraṃ type of honey
(Bhrāmaraṃ/ भ्रामरं)

भ्रामरं बृंहणं शीतं गरीयं कफपित्तनुत् ।
वातलं मेहकुष्ठघ्नं व्रणे शस्तं विषापहम् । ।8 । ।

Honey of a large black bee (Bhrāmaraṃ) is nourishing, cold, heavy, and overcomes vitiated kapha, pitta. Vitiates vāta. Destroys polyuria (meha), skin disorders (kuṣṭha). Praiseworthy in the treatment of ulcers (vraṇa) and poisoning (viṣā) [8].

(6)
Kṣaudraṃ type of honey
(Kṣaudraṃ/ क्षौद्रं)

शीतलं लघु रुच्यं स्यात् क्षौद्रं लेखनमुत्तमम् ।
विशेषाच्छर्दिहृत्कासश्वासहिध्मास्रपित्तनुत् । ।9 । ।

Kṣaudraṃ type of honey is light, easy to digest, cold, and tasty. Has the best scrapping (lekhana) property. It is especially useful in treating vomiting, cough, dyspnoea, hiccoughs, aggravated blood (rakta) and pitta [9].

(7)

Pauntikaṃ type of honey

(pauntikaṃ/ पौन्तिकं)

पौन्तिकं लघु चक्षुष्यं मेहहृद् व्रणरोपणम् ।

तृट्च्छेलेष्महिध्मास्रपित्तविषग्रहणीहरं च । ।10 । ।

Pauntikaṃ honey is light, wholesome for eyesight, treats polyuria, and heals wounds. It helps treat burning sensation, vitiated kapha, hiccough, vitiated blood, pitta, poisoning and disorders of lower GIT (grahaṇi) [10].

(8)

Valmīka type of honey

(valmīkasambhavaṃ kṣaudraṃ/ वल्मीकसम्भवं क्षौद्रं)

वल्मीकसम्भवं क्षौद्रं सुवर्णग्राहिकं लघु ।

अञ्जनेषु च सर्वेषु शस्तं मधु गुणाधिकम् । ।11 । ।

Honey from anthill bees (Valmīka) is golden in colour, tends to harden stools (grāhi), is easy to digest, and is good to be used in all types of collyrium (añjana), and is very sweet. Considered the best among all types of honey [11].

(9)

Uddālaka type of honey

(auddālaka guṇāḥ/ औद्दालक गुणाः)

शीतोद्दालकसम्भूतं मधु वृष्यं हिमं गुरु ।12 ।

Auddālaka variety of honey promotes vigour with an aphrodisiac effect. It is cold and hard to digest [12].

(10)

Honey from banana flowers

(kadalīpuṣpasambhūtakṣaudraguṇāḥ / कदलीपुष्पसम्भूतक्षौद्रगुणाः)

कदलीपुष्पसम्भूतं बृंहणं पित्तहृद्गुरु ।13 ।

Honey from bees feeding on the banana flowers is nourishing and heavy and mitigates aggravated pitta[13].

(11)

Honey from koraṇṭapuṣpa

(koraṇṭapuṣpaja madhuguṇāḥ / कोरण्टपुष्पज मधुगुणाः)

वातघ्नं पित्तहृद्रुच्यं मधूकोरण्टपुष्पजम् ।14 ।

Honey from bees feeding on the Koraṇṭa flowers is tasty and mitigates aggravated pitta and vāta[14].

(12)

Honey from Ikṣurasapuṣpa

(ikṣurasapuṣpaja guṇāḥ/ इक्षुरसपुष्पज गुणाः)

शोफानिलहरं बल्यं मध्विक्षुरसपुष्पजम् ।15 ।

Honey from bees feeding on the Ikṣurasapuṣpa (nīrugobbili-Telugu) imparts strength and mitigates oedema and aggravated vāta [15].

(13)

Honey from sugarcane

(ikṣuvikārasambhūta guṇāḥ/ इक्षुविकारसम्भूत गुणाः)

इक्षोर्विकारसम्भूतं मधुपित्तानिलापहम् ।

विष्टम्भि गुर्वभिष्यन्दि श्लेष्मलं वह्निसादनम् । ।16 । ।

Honey from bees feeding on the sugarcane mitigates aggravated pitta and vāta, causes constipation (viṣṭambhi), is heavy to digest, causes obstruction of passages (abhiṣyandi) and aggravates kapha. It diminishes digestive power (agnimāndya)[16].

(14)

Honey from various flowers

(sarvapuṣpodakaguṇāḥ / सर्वपुष्पोदकगुणाः)

तत्तत्पुष्पगुणं प्राहुः सर्वपुष्पोद्भवं मधु ।17 ।

The quality of honey depends upon the type of nectar of the flower from which it is prepared (by the bees); hence, different flowers produce different types of honey [17].

(15)

Honey from junti-flowers

(juṁṭimadhu guṇāḥ/ जुंटिमधु गुणाः)

चक्षुष्यं भेदि तृट् श्लेष्मविषहिध्मास्रपित्तनुत् ।

कुष्ठमेहकृमिच्छर्दिश्वासकासातिसारजित् । ।18 । ।

व्रणशोधनसन्धानरोपणं शीतलं मधु ।19 ।

Juṇṭi type of honeybee- virgin honey is good for eyes, causes loose motions, alleviates thirst, vitiated kapha, poison, hiccoughs, vitiated blood and pitta, skin disorder, polyuria, worm infestation, vomiting, dyspnoea, cough, diarrhoea. It cleanses wounds and helps unite and heal the wound. It is cold and soft [18-19].

(*)

Eight types of Mākṣika

(mākṣikāṣṭabhedāḥ/ माक्षिकाष्टभेदाः)

माक्षिकं भ्रामरं क्षौद्रं पौष्पिकं छात्रिकं तथा ।

औद्दालाख्यमधुरं पातिकं (पौंतिक) मधुजातयः । ।20 । ।

(पौत्तिकं भ्रामरं क्षौद्रं माक्षिकं छात्रमेव च ।

आर्घ्य मौद्दालकं डालमित्यष्टौ मधुजातयः । ।21 । ।- (सु. सं)

The eight varieties of honey described in other text(s) are Mākṣikaṃ, Bhrāmaraṃ, Kṣaudraṃ, Pauṣpikaṃ, Chātrikaṃ, Auddālaka, Pātikaṃ, and Madhujāta[20-21].

(16)

Mākṣika type of honey

(mākṣika lakṣaṇaṃ/ माक्षिक लक्षणं)

नानापुष्परसहरा कपिला वर्णमाक्षिका ।

यस्तुलास्ताभिरुत्पन्ना मधु माक्षिकमुच्यते । ।22 । ।

माक्षिकं मधुरं रूक्षं लघुश्वासार्तिकासजित् ।23 ।

Mākṣika type of honey is made from the nectar of different flowers and has a reddish (kapilā) colour. Mākṣika honey is sweet, dry (devoid of unctuousness), light and alleviates dyspnoea and cough [22-23].

(17)

Bhrāmara type of honey

(bhrāmara lakṣaṇaṃ/ भ्रामर लक्षणं)

ये स्निग्धाञ्जनगोराभपुष्पासवपरायणाः ।

भ्रमरैर्जनितं तैस्तु भ्रामरं मधु गण्यते । ।24 । ।

भ्रामरं पिच्छिलं रूक्षं मधुरं मुखजाड्यकृत् ।25 ।

Bhrāmara honey is unctuous, black like collyrium and made from flower nectar. A large black bumblebee/carpenter bee makes it. Hence the name Bhrāmara. It is sticky, un-unctuous, sweet and causes stiffness in the mouth[24-25].

(18)

Kṣaudra type of honey

(kṣaudra lakṣaṇaṃ/ क्षौद्र लक्षणं)

क्षुद्राभकपिलाभ माक्षिकाभिविनिर्मितम् ।

मधुरं कपिलं क्षौद्रं इति नाम्ना प्रकीर्तितम् । ।26 । ।

क्षौद्रं कषायानुरसं कटुकं रसपाकयोः ।

शीतलं लेखनं रूक्षं लघु मेहव्रणापहम् । ।27 । ।

Honey made by small, sweet, reddish honeybees is known as Kṣaudra. It is astringent and pungent and has the same post-digestive taste (vipāka). It is cold, helps debride and clean wounds, is light and un-unctuous, acts as a wound healing agent, and mitigates polyuria [26-27].

(19)

Pauṣpika type of honey

(pauṣpika lakṣaṇaṃ/ पौष्पिक लक्षणं)

पिङ्गला माक्षिकाः सूक्ष्माः पुष्पासवपरायणाः ।

पुष्पासवं कुर्वते य त्पौष्पिकं मधु गण्यते । ।28 । ।

रूक्षोष्णं तत्कफहरं विदाहि हिमकृद्गुरु ।

कषायमधुरं भेदि तृष्णाच्छर्ध्यक्षिरोगजित् । ।29 । ।

Pauṣpika type of honey is prepared from small honey bees from flower nectar; it is reddish brown (Piṅgalā), has dry, hot qualities, mitigates vitiated Kapha, causes burning sensation (Vidāhi), coldness and heavy. Has an astringent and sweet taste. Causes loose stools. It helps win over eye disorders and vomiting [28-29].

(20)

Chātraka type of honey

(chātraka lakṣaṇaṃ/ छात्रक लक्षणं)

छत्राकारं च वृक्षाग्रे माक्षिका यत्र पिङ्गलाः ।

यत्कुर्वन्ति तदुत्पन्नं मधु छात्रकमीरितम् । ।30 । ।

श्वित्रमेहक्रिमिघ्नं च विद्याच्छात्रं गुणोत्तरम् ।31 ।

The honey made by reddish (piṅgalā) bees in the umbrella-shaped honeycomb on the top of trees is known as “chātrakaṃ” It mitigates polyuria (prameha), vitiligo (śvitra), worm infestation and is considered as of very good quality[30-31].

(21)

Arghya type of honey

(arghya lakṣaṇaṃ/ अर्घ्य लक्षणं)

मक्षिकास्तीक्ष्णतुण्डा याः पीताः षद्पद सन्निभाः ।

तदुध्बूतं यदर्घ्याख्यं तदर्घ्यं मधु गण्यते । ।32 । ।

अर्घ्यं मध्वति चक्षुष्यं कफपित्तास्रदोषजित् ।33 ।

Honey made from nectar collected by yellowish bees, which have sharp proboscis resembling bumblebees, is known as “Arghya”. It is wholesome for the eyes.

Mitigates aggravated Kapha, Pitta and blood (Rakta) [32-33].

(22)

Uddālaka type of honey

(uddālaka lakṣaṇaṃ/ उद्दालक लक्षणं)

उद्दाकविटा कीटा भूमावुद्दालकाः स्मृताः ।

वल्मीकान्तस्तदुत्पन्ना उद्दालः समुदीर्यते । ।34 । ।

उद्दालकं तु कुष्ठादिदोषघ्नं सर्वसिद्धिदम् ।35 ।

The honey made by bees resembling 'Uddālaka' is known as 'Auddālaka' Also, the honey from honeycombs on the anthills is 'Uddālaka'. It helps treat skin disorders, mitigating aggravated doṣas, and providing extraordinary powers [34-35].

(23)

Ḍālaṃ type of honey

(ḍāla lakṣaṇaṃ/ डाल लक्षणं)

इन्द्रनीलदलाकारास्सूक्ष्माश्छिन्नतिमाक्षिकाः ।

यद्वृक्षकोटरान्तःस्थं मधु डालमिति स्मृतम् । ।36 । ।

डालं कटु कषायाम्लं मधुरं पित्तदोषकृत् ।37 ।

Honey made by bluish-black coloured (indranīla) small bees in the hollow cavities of trees is known as 'Ḍālaṃ'. It has a pungent, astringent, sour and sweet taste and causes disorders due to aggravated pitta [36-37].

(*)

Variations in colour of honey

(varṇabhedāḥ/ वर्णभेदाः)

माक्षिकं तैलवर्णं स्याच्छ्वेतं भ्रामरमुच्यते ।

क्षौद्रं तु कपिलाभासं पौष्पिकं घृतसन्निभम् । ।38 । ।

आपीतवर्णं छात्रं स्यात् पिङ्गलं चार्घ्यनामकम् ।

उद्दालस्स्वर्णसादृश्यश्चापीतं डालकं भवेत् । ।39 । ।

Mākṣika type honey has oily colour, Bhrāmara has white colour, Kṣaudra has a reddish colour (kapilā), Pauṣpika has a ghee colour, Chātrakaṃ has a yellow colour, Arghya has reddish (Piṅgalā) colour, Uddālaka has a golden colour and Ḍālaṃ has yellow colour[38-39].

(24)

Fresh honey

(navamadhu guṇāḥ/ नवमधु गुणाः)

बृंहणीयं मधु नवं नातिश्लेष्महरं सरम् ।40 ।

Fresh honey is nourishing, causes loose stools and does not mitigate Kapha [40].

(25)

Old honey

(purāṇamadhu guṇāḥ/ पुराणमधु गुणाः)

मेदः स्थौल्यापहं ग्राहि पुराणं मधु लेखनम् ।

भग्नसन्धानकृद्व्रल्यं लघु व्रणविशोधनम् । ।41 । ।

Seasoned (old) honey reduces fat and obesity, causes hard stools (grāhi), and acts as a good scraping/debriding agent. It helps the union of fractured bones, imparts strength light and is good for cleansing wounds [41].

(26)

Cooked honey

(pakvamadhu guṇāḥ / पक्वमधु गुणाः)

पक्वं दोषत्रयघ्नं मधु विविधरुजो जाड्यजिह्वामयार्ति ।

ध्वंसं धत्ते च रुच्यं बलमतिमृदितं वीर्यवृद्धिं विधत्ते । ।42 । ।

आमं भेदामगुल्मामयपवनरुजः पित्तदाहास्रदोषान् ।

आतन्वन्ते विशेषं जनयति वपुषः

स्थैर्यकृद्बृंहिमान्द्यम् । ।43 । ।

Cooked (Pakvaṃ) honey alleviates all three aggravated doṣa; it mitigates all types of disorders, stiffness, and ailments of the tongue. It imparts taste, strength and increases virility.

Uncooked honey reduces 'Ama' and helps treat abdominal lumps, vitiated vāta, pitta, burning sensation, effects for vitiated blood, and mouth diseases. It imparts strength to the body and diminishes digestive fire [42-43].

(27)

Properties of honey

(madhu guṇāḥ / मधु गुणाः)

चक्षुष्यं मधु रोपणं च गरलं छर्घ्यस्रपित्तामयम् ।

नानारूपमहाव्रण प्रशमनी सन्धानकृद्देहिनाम् । ।44 । ।

कासश्वासनिबर्हणं पवनदं मेहातिसारं जयेत् ।

तृष्णाछर्दिनिवारकुष्ठशमनं हिध्मापहं श्लेष्मजित् । ।45 । ।

Honey is good for the eyes, acts as an antidote to poison, good to treat vomiting, disorders of vitiated pitta, blood and different types of wounds; it acts as a binding agent; it alleviates thirst and vomiting. It is wholesome for a person suffering from skin disorder, hiccough; it reduces vitiated Kapha and treats

cough dyspnoea. Aggravates vāta and treats polyuria and diarrhoea [44-45].

(28)

Honey collected from an anthil (valmīkamadhyodhṛtamadhu guṇāḥ / वल्मीकमध्योद्धृतमधु गुणाः)

वल्मीकमध्ये कपिलैस्सूक्ष्मैश्च मशकैः कृतम् ।
मधुरं सकषायाम्लं तिक्तं कटुविपाकतः । ।46 । ।
निधिदर्शनयोगेषु सिद्धं सिद्धाञ्जनेष्वपि ।47 ।

Honey collected by small, reddish-coloured bees in the honeycomb is Valmīka. It is sweet, slightly bitter, astringent and sour, and is pungent in the post-digestive stage. It is useful for preparing collyrium to find hidden treasure [46-47].

(29)

Honey collected from rock crevices (śilārandrodhṛtamadhu guṇāḥ / शिलारन्द्रोधृतमधु गुणाः)

शिलारन्ध्रेषु विकृतं मषकैर्मधुरं मधु ।
कषायं स्वादु साम्लं च श्वासकासनिबर्हणम् । ।48 । ।

Honey made by bees in the stone holes has a sweet, astringent and sour taste. It alleviates cough, dyspnoea [48].

(30)

Honey collected from tree branches (kāṇḍajamadhu guṇāḥ / काण्डजमधु गुणाः)

काण्डजं तरुकाण्डेषु मक्षिकार्यं (भिः) कृतं मधु ।
मधुरं बृंहणं शस्तं विशेषान्नेत्ररोगिणाम् । ।49 । ।

Honey made by the bees from the tree branches is kāṇḍajaṃ, meaning derived from branches; it has a sweet taste and nourishing quality. Especially wholesome for treating eye disorders [49].

(31)

Honey collected from the honeycomb of leaves (daloparijamadhuguṇāḥ / दलोपरिजमधुगुणाः)

दलोपरिकृतं डालं माक्षिकाद्यैर्द्रुमादिषु ।
मधुरं सकषायाम्लं रूक्षं छर्दिप्रमेहजित् । ।50 । ।

Honey(honeycomb) from the leaves has a sweet, astringent and sour taste. It's un-unctuous. It alleviates vomiting and polyuria [50]

(32)

Honeycomb tips (kṣaudrā mastakākhyā/ क्षौद्रा मस्तकाख्या)

अत्यन्तमधुरा क्षौद्रा मस्तकाख्या परं हिता ।
वातकारीच स्निग्धा किञ्चिद्गौरवान्मेहकारणम् । ।51 । ।
यत्रयत्र लतागुल्मवृक्षादिषु मधुव्रतैः ।
यन्मधु क्रियते यत्तद्भवेत्तत्तत्र गुणाधिकम् । ।52 । ।

Honeycomb tips are very sweet and wholesome. It aggravates vāta, is unctuous, heavy to digest and causes polyuria and related disorders. Qualities of honey depend upon the origin, viz., different climbers, shrubs, trees, etc., from which the bees collect nectar and prepare the same [51-52].

(33)

Honey cooking method (madhupāka kramaḥ / मधुपाक क्रमः)

मध्वष्टभागं जलमेकभागं निष्कप्रमाणा रजनी च पथ्या ।
तोयावसानं विधिवद्विपाच्य
निधापयेत्पाकविधिक्रमोऽयम् । ।53 । ।

To process the uncooked honey, take eight parts of honey, one part of water, one niṣka of turmeric powder and chebulic myrobalan powder and boil till the water is evaporated [53].

(*)

Variant text (granthāntare/ ग्रन्थान्तरे)

क्षौद्रप्रस्थं क्षिपेत् पूते कुडवं क्षीरतोययोः ।
पञ्चाभयाश्च कृष्णां च प्रक्षिप्य विपचेद्बुधः । ।54 । ।
यावद्दर्वीप्रलेपस्स्याद्बिन्दु नाम्भसि मज्जति ।
तदा श्रेष्ठतमं प्राहुःमधुपाकस्य लक्षणम् । ।55 । ।

Take one Prasthaṃ (768 gm) of honey and one Kuḍavaṃ (192 gm) of milk and water. To this, add five chebulic myrobalans and black pepper and boil till (the water evaporates) the honey sticks to the spoon, and when a drop is put in water, it should float. This is the best method of processing honey [54-55].

(*)
Variant text
(granthāntare/ ग्रन्थान्तरे)

क्षौद्रस्य पाके चाष्टांशे नवमांशे जलंक्षिपेत् ।
दुर्मांसे मूत्र संयुक्तं स्थौल्ये तु त्रिफलं रसम् । ।56 । ।
रोपणे क्षारसंयुक्तं शोधने रजनीरसम् ।
सर्वरोगेषु पानीयं क्षुद्रपाक इति स्मृतः । ।57 । ।

Take eight parts of honey, add water as the ninth part, and boil for processing. To treat the following condition, administer processed honey with the following in haemorrhoids (Durmāṃsa) with cow urine; in obesity with Triphala decoction; for wound healing along with alkali (kṣāra); for cleansing wounds with turmeric juice; Intake of this processed honey is effective in all diseases; This is known as 'cooking of honey (kṣudrapāka) [56-57].

(34)
Usage of heated Honey
(uṣṇamadhu prayoga/ उष्णमधु प्रयोग)

उष्णमुष्णार्तमुष्णे च युक्तं चोर्ष्णैर्निहन्ति च ।
प्रच्छर्दने निरूहे च मधूष्णं न निवार्यते । ।58 । ।
अलब्धपाकमेवाशु तयो र्यस्मान्निवर्तते ।59 ।

Heated honey is good for treating people suffering from heat exhaustion; Its usage is not contraindicated in inducing emesis and decoction/cleansing enema. (However) for judicious usage, it is not to be overheated [58-59].

(*)
Variant text
(granthāntare/ ग्रन्थान्तरे)

आमज्वरे चोष्णकाले द्रव्यैरुष्णैस्त्यजेन्मधु ।
विषार्तानिलरोगाणामपथ्यं मद्यपायिनाम् । ।60 । ।
निरूहच्छर्दिविषये मधूष्णं न विरुध्यते ।
तत्र पाकमलज्ञेव निवर्तेततजं सदा । ।61 । ।

Heated/hot honey is to be avoided in the following conditions 'Acute fever/ fever due Āma (āma jvara), in the hot season, and along with substances which provoke hot tendency. It is contraindicated for persons affected by poisoning, vāta disorders, and who have consumed alcohol; (However), it is not contraindicated to use in nirūha vasti/decoction enema and to induce vomiting [60-61].

(35)
Intake of honey along with wood apple pulp
(kapitthaphalamadhubhakṣana guṇāḥ / कपित्थफलमधुभक्षन गुणाः)

कपित्थफलमज्जानं मधुना सह भक्षयेत् ।
अतिसारे सरक्ते च सशूले च सदा हितम् । ।62 । ।

Intake of honey along with the pulp of wood apple fruit is always effective in treating diarrhoea with or without blood and dysentery (painful loose motions) [62].

(36)
Intake of honey with Chebulic myrobalan
(vijayāmadhu guṇāḥ / विजयामधु गुणाः)

छर्ध्यरोचकहृल्लास कण्डूकुष्ठामयादिषु ।
कफे पित्ते च नस्ये च विजया मधुना हिता । ।63 । ।

Intake along with Chebulic myrobalan fruit wins over (treats) vomitings, anorexia, water brush/nausea, itching, skin ailments and disorders due to vitiated Kapha and Pitta[63].

(37)
Intake of honey with garlic
(madhuyuktalaśuna guṇāḥ / समधुयुक्तलशुन गुणाः)

लशुनं मधुसंयुक्तं कासश्वासक्रिमिव्रणान् ।
निहन्ति कफवातघ्नं मेद्यं चक्षुः प्रसादनम् । ।64 । ।

Intake of honey with garlic helps treat cough, dyspnoea, worm infestation, wounds and conditions due to vitiated kapha and vāta; The combination is wholesome for the eyes and enhances intellect [64].

(38)
The order of consuming honey
(madhusevākramaḥ / मधुसेवाक्रमः)

भुक्तेन भुक्तं कार्श्यघ्नं सतोयं स्थौल्यजिन्मधु ।
दोषत्रयहरं पक्वमाम्लं तु त्रिदोषकृत् । ।65 । ।

Intake of honey and food helps treat emaciation; Intake with water helps treat obesity; Cooked honey alleviates all three vitiated doṣas; Fermented (sour) honey aggravates all three doṣas[65].

इति द्रव्यरत्नावल्यां मधुवर्गः समाप्तः

Thus, the end of the chapter on the section of Honey in Dravyaratnāvali.

9. OIL GROUP

Bījasāra tailavargam / अथ (बीजसार) तैलवर्गम

Now, the description of the Category of various types of Oils.

(1)

General qualities of oil

(sāmānyatailaguṇāḥ/ सामान्यतैलगुणाः)

तैलं मुख्यं तीक्ष्णमुष्णं व्यवायि सूक्ष्म स्रोतोव्यापि पुष्टि(कुष्ठ) प्रदं च ।

नो चक्षुष्यं श्लेष्मवातघ्नमुक्तं कार्श्यस्थौल्य नाशयत्येव पानात् । ।1 । ।

बद्धविड्भमथ जन्तुहरं तत्सर्वरोगहरमौषधयोगात् ।2 ।

Oil is very important. It penetrates, is hot, and spreads quickly in the body to the minute channels. It imparts strength, pacifies aggravated kapha, vāta, and is unwholesome for eyes. Intake of oil cures both emaciation and obesity. It removes constipation and worms. It is helpful to treat different types of diseases when used along with respective drugs[1-2].

(2)

Oil

(tailaguṇāḥ/ तैलगुणाः)

तैलं स्वयोनिवत्तत्र मुख्यं तीक्ष्णं व्यवायि च ।

त्वग्दोषकृदचक्षुष्यं सूक्ष्मोष्णं कफकृन्न च । ।3 । ।

कृशानां बृंहणायालं स्थूलानां कर्शणाय च ।

बद्धविड्कं क्रिमिघ्नं च संस्कारात्सर्वरोगजित् । ।4 । । (अ.हृ)

The properties of any oil are based on its source. It is predominantly sharp (penetrating) in nature and quickly assimilates into the body. Considered as unwholesome for skin and eyes. It is minute, hot and does not increase kapha. It promotes nourishment to the lean person and induces leanness in an obese person. Useful to treat constipation and worm infestation. It is helpful to treat different types of diseases when used along with respective drugs[3-4].

(3)

Oil expressed from the big variety of sesame

(mahātailaguṇāḥ/ महातैलगुणाः)

तैलं महातिलजमाशुसमीरजातमभ्यञ्जनेन हरति प्रसभं कफघ्नम् ।

Oil expressed from the large variety of sesame is helpful for therapeutic massage to treat disorders due to vitiated vāta. It decreases kapha, and enhances taste and body glow. It is hot and is useful for administration in oil enema and for massage of the head and the body[5].

(4)

Oil expressed from black sesame

(kṛṣṇatilatailaguṇāḥ/ कृष्णतिलतैलगुणाः)

तैलं कृष्णतिलोद्भूतं वातक्रिमिकफापहम् ।

आमप्रवाहिकां हन्ति शूलगुल्मोदराणि च । ।6 । ।

Oil expressed from the black variety of sesame mitigates vāta and kapha, removes worm infestation, and alleviates Āma, dysentery, abdominal colic, lumps and ascites[6].

(5)

Oil expressed from small sesame

(sūkṣamatailaguṇā/ सूक्ष्मतैलगुणाः)

तैलं सूक्ष्मतिलानां तु कृशानां पुष्टिवर्धनम् ।

स्थूलानां कर्शनञ्चैव हन्ति जन्तुकफानिलान् । ।7 । ।

Oil expressed from a small variety of sesame gives nourishment to those who are emaciated. It induces leanness in an obese person. It alleviates worm infestation, vāta and kapha [7]

(6)

Oil expressed from red sesame

(lohitatailaguṇāḥ/ लोहिततैलगुणाः)

किञ्चिल्लोहितवर्णानां तिलानां तैलमुत्तमम् ।8 ।

Oil expressed from slight reddish variety of sesame is best[8].

(7)

Contraindications for oil intake

(tailavarjyāḥ/ तैलवर्ज्याः)

सेवनान्न वरं तैलं लेपनाद्वरमुच्यते ।

अक्षिरोगे ज्वरे कुष्ठे विषे शोषे भगन्दरे । ।9 । ।

उन्मादे च स्मृतिभ्रंशे तैलपानं विवर्जयेत् ।10 ।

Applying oil (external use) is better than intake. Intake of oil is contraindicated in ophthalmic diseases, fever, integumentary

disease, poison, emaciation, anal fistula, insanity and loss of memory[9-10].

(8)

Castor oil

(eraṇḍatailaguṇāḥ/ एरण्डतैलगुणाः)

तैलमेरण्डजं स्वादु कटुतिक्तं सरं गुरु ।

गुल्माष्टीलआनिलान् हन्ति जठरं विषमज्वरम् । ।**11** । ।

शोफगुल्मक्रिमिघ्नं च शूलवर्ध्मान्त्रवृद्धिजित् ।**12** ।

Castor oil is sweet, pungent, bitter in taste, laxative and hard to digest. It is helpful in the treatment of abdominal lumps, prostatic enlargement, abdominal disorders, intermittent pyrexia, oedema, worm infestation, colicky pain, hydrocele and hernia[11-12].

(9)

Red castor oil

(raktairaṇḍatailaguṇāḥ/ रक्तैरण्डतैलगुणाः)

रक्तैरण्डोद्भवं तैलं वातघ्नं बृंहणं सरम् ।

बल्यं पुष्टिकरं ज्ञेयं क्रिमि शोफोदरापहम् । ।**13** । ।

Oil extracted from a red variety of castor seeds mitigates vāta, helps weight gain and is laxative. It imparts strength and nourishment and helps treat worm infestation, oedema and ascites[13].

(10)

Oil extracted from big castor seed

(mahadairaṇḍatailaguṇāḥ/ महदैरण्डतैलगुणाः)

महारुजाहरं तैलं वातोदावर्त शूलनुत्

क्रिमिकण्डूदरानाह गुल्मशोफनिषूदनम् । ।**14** । ।

Oil extracted from big castor seeds alleviates vāta, obstipation, colicky pain, worm infestation, pruritus, abdominal distension, abdominal lump and oedema[14].

(11)

Oil extracted from small castor seeds

(kṣudrairaṇḍatailaguṇāḥ/ क्षुद्रैरण्डतैलगुणाः)

क्षुद्रैरण्डोद्भवं तैलं दीपनं वस्तिशोधनम् ।

गुल्मं पञ्चविधं हन्ति शूलानि विविधानि च । ।**15** । ।

Oil extracted from the small variety of castor seeds kindles digestion, cleanses the bladder, and cures five types of abdominal lumps and various types of pain[15].

(12)

Contraindications of castor oil

(airaṇḍatailavarjyāḥ/ ऐरण्डतैलवर्ज्याः)

अरुचावतिसारे च प्रमेहे चाप्यपस्मृतौ ।

छर्दिरोगे च मूर्छायां विषोन्मादविषूचिषु । ।**16** । ।

ग्रहण्यामस्रपित्ते च तैलमैरण्डजं त्यजेत् ।**17** ।

Castor oil is contraindicated in anorexia, diarrhoea, diabetes, epilepsy, vomiting, syncope, poison, insanity, acute gastroenteritis, disorders of the lower gastrointestinal tract and bleeding disorders[16-17].

(13)

Linseed and safflower oil

(kusumbhatailaguṇāḥ/ कुसुम्भतैलगुणाः)

उमाकुसुम्भजं चोष्णं त्वग्दोष कफपित्तनुत् ।**18** ।

Linseed oil and Safflower oils are hot-pacified integumentary diseases and disorders due to kapha and pitta [18].

(14)

Mustard oil

(sarśapatailaguṇāḥ/ सर्षपतैलगुणाः)

कटु सर्षपतैलं स्यात्तीक्ष्णोष्णं चानिलापहम् ।

कोष्ठकुष्ठक्रिमीन् हन्ति लघुपित्तास्रकृत्परम् । ।**19** । ।

कर्णशूलादिकान् हन्ति व्रणार्श कफशूलजित् ।**20** ।

Mustard oil is pungent, penetrating, hot and easily digested. It mitigates vāta, and kapha aggravates pitta and rakta. It is useful in treating koṣṭha-kuṣṭha-krimī endoparasites and those which cause integumentary disease, earache etc, wounds, haemorrhoids, and colicky pain[19-20].

(15)

Oil extracted from small mustard seeds

(sūkṣmasarśapataila guṇāḥ/ सूक्ष्मसर्शपतैल गुणाः)

सूक्ष्मसर्षपतैलं तु कर्णशूले प्रशस्यते ।**21** ।

Oil extracted from a small variety of mustard seeds effectively alleviates earache[21].

(16)

White mustard oil

(śuklasiddhārthatailaguṇāḥ/ शुक्लसिद्धार्थतैलगुणाः)

यक्षराक्षसभूतघ्नं शुक्लसिद्धार्थजं विदुः ।**22** ।

Oil extracted from white mustard seeds relieves possession by malevolent spirits like Yakṣa, Rākṣasa, Bhūta [22].

(17)

Neem oil

(nimbatailaguṇāḥ/ निम्बतैलगुणाः)

किञ्चिदुष्णं सतिक्तं च कुष्ठक्रिमिकफापहम् ।

कण्डूपाण्ड्वामयान् हन्ति निम्बजं तैलमेव च । ।23 । ।

Neem oil is slightly hot, bitter and alleviates skin disease, worm infestation, kapha, pruritis and anaemia[23].

(18)

Oil of Agastya seeds

(agastyatailaguṇā:/ अगस्त्यतैलगुणाः)

अगस्त्यबीजसम्भूतं गुरुश्लेष्मकरं सरम् ।24 ।

The oil of Agastya seeds is hard to digest, aggravates kapha, and is laxative[24]

(19)

Oil of madhuca longifolia

(madhūkatailaguṇāḥ/ मधूकतैलगुणाः)

मधूकबीजसम्भूतं गुरुश्लेष्मकरं नरम् ।

आहुः पित्तकरं चोष्णं सन्निपाते प्रयोज येत् । ।25 । ।

The oil of Madhūka is hard to digest, laxative, hot, and aggravates kapha and pitta. It pacifies fever due to three doṣas. (It is utilised as lamp oil in the districts of Medak and Nizamabad of Telangana State, India) [25].

(20)

Pongamia oil

(karañjabījatailaguṇāḥ/ करञ्जबीजतैलगुणाः)

करञ्जबीजसम्भूतं तैलं कुष्ठक्रिमिप्रणुत् ।

व्रणशोधनचक्षुष्यं कण्डूशोफविनाशनम् । ।26 । ।

Oil extracted from *Pongamia pinnata* (L.) Pierre seeds help treat skin disease, worm infestation, wounds, pruritus and oedema. It is good for the eyes[26].

(21)

Coconut oil

(nārikelatailaguṇāḥ/ नारिकेलतैलगुणाः)

नारिकेलोद्भवं तैलं बृंहणं बलवर्धनम् ।

केश्यं पित्तानिलहरं मधुरं दन्तरोगनुत् । ।27 । ।

Coconut oil helps weight gain, imparts strength, is good for hair growth and is sweet. It alleviates vāta, pitta and tooth disorders[27].

(22)

Oil of jyotiṣmatī oil

(jyotiṣmatītailaguṇāḥ/ ज्योतिष्मतीतैलगुणाः)

परं ज्योतिष्मतीतैलं श्लेष्मवातशिरोऽर्तिनुत् ।

प्रज्ञाप्रदं कुष्ठहरमत्युष्णं व्रणनाशनम् । ।28 । ।

Oil of Jyotiṣmatī effectively alleviates kapha, vāta, disorders of the head, skin disease and wounds. It promotes intelligence and is very hot[28].

(23)

Camphor oil

(karpūratailaguṇāḥ/ कर्पूरतैलगुणाः)

तैलं कर्पूरजातं प्रबलपवनजित्पित्तकृत्श्लेष्मनुत्स्यात् ।

मेदोघ्नं भेदि हृद्यं क्रिमिहरमरुचिं हन्ति कुष्ठापहारि । ।29 । ।

कुर्याद्वैशद्यमास्योद्भवसकलगदान् हन्ति कुर्याद्दृढत्वम् ।

दन्तानां चञ्चलत्वं व्यपनयति तथा वह्निदं काश्र्यकारि । ।30 । ।

Camphor oil is useful in alleviating the disorders of aggravated vāta. It vitiates pitta and mitigates kapha. It helps purgation, reduces fat, is pleasing to the mind, cures worm infestation, anorexia, and skin disease; it gives freshness to the oral cavity and helpful in treating all types of diseases of the mouth, imparts firmness to lose teeth, increases digestive fire and causes emaciation[29-30].

(24)

Cashew nut oil

(aruṣkaratailaguṇāḥ/ अरुष्करतैलगुणाः)

भृशं तीक्ष्णोष्णकटुकं तैलं चारुष्करोद्भवम् ।

विशेषात्क्रिमिकुष्ठघ्नं चोर्ध्वाधो विशोधनम् । ।31 । ।

Cashew oil is pungent, penetrating, and hot; it relieves worm infestation skin disease and helps purification by emesis and purgation (upwards and downwards)[31].

(25)

Oil of Belleric myrobalan

(akṣatailaguṇāḥ/ अक्षतैलगुणाः)

आक्षं स्वादु हिमं केश्यं गुरुपित्तकफोल्बणम् ।32 ।

(पित्तानिलापहम्-अ.हृ.) ।

Oil obtained from the seeds of Belleric myrobalan is sweet, cold in potency, hard to digest, good for hair growth, aggravates pitta and kapha [32](mitigates pitta and kapha- A.H.)

(26)
Domba (Punnāga) oil
(punnāgatailaguṇāḥ/ पुन्नागतैलगुणाः)

पुन्नागतैलं कुष्ठघ्नं स्निग्धं पित्तानिलापहम् ।33 ।

Domba (Punnāga) oil relieves skin disease, is unctuous (snigdha) and mitigates vāta and pitta[33].

इति द्रव्यरत्नावल्यां बीजसार तैलवर्गः समाप्तः

Here ends the description of bījasāra tailavargaḥ (the group of oils obtained from seeds) in Dravyaratnāvali.

10. GROUP OF OILS FROM DIFFERENT PARTS OF THE PLANT

Drumasāratailavargamāha/ द्रुमसारतैलवर्गमाह

Now the description of group of oils from different parts of the plant (other than seeds)

(1)

Karavinda oil

(karavindatailaguṇāḥ/ करविन्दतैलगुणाः)

करविन्दभवं तैलं हन्ति कुष्ठान्यशेषतः ।1 ।

Oil of Karavinda cures skin diseases without leaving any lingering impacts[1].

(2)

Pūga/mahā karamarda oil

(pūgatailaguṇāḥ/ पूगतैलगुणाः)

कुष्ठश्वित्रगदं हन्ति तन्महाकरमर्दजम् ।2 । (करमर्ध? पूग?)

Oil of karamarda alleviates integumentary disease and vitiligo[2].

(3)

Suradāru/devadāru oil

(suradārutailaguṇāḥ/ सुरदारुतैलगुणाः)

सुरद्रुमोत्तितं तैलं कटुतिक्तकषायकम् ।

वर्ण्यं शूलानिलं हन्ति दद्रुपामाविचर्चिकाः । ।3 । ।

Oil of Devadāru is pungent, bitter and astringent in taste; it imparts a good complexion and helps treat abdominal colic, vāta, and various skin ailments [Dadru, Pāmā, Vicarcikā (wet eczema)][3].

(4)

Sarala devadāru oil

(saraladevadārutailaguṇāḥ/ सरलदेवदारुतैलगुणाः)

तद्वत्सरलजं तैलं क्रिमिकण्डूविनाशनम् ।4 ।

The oil of Sarala Devadāru has the same qualities to remove worm infestation and integumentary disease[4].

(5)

Black Agarwood/Eaglewood oil

(kṛṣṇāgarutailaguṇāḥ/ कृष्णागरुतैलगुणाः)

कृष्णागरुसमुद्भूतं हन्ति कुष्ठान्यशेषतः ।

सतिक्तकटुकं वृष्यं सौगन्ध्यं कफ वातजित् । ।5 । ।

Black Agarwood oil eliminates skin diseases without any repercussions. It is bitter and pungent in taste, is aphrodisiac, has a pleasant aroma, and mitigates kapha and vāta[5].

(6)

Śrīgandha oil

(śrīgandhatailaguṇāḥ/ श्रीगन्धतैलगुणाः)

काष्ठचन्दनसम्भूतं तैलं रक्तप्रसादनम् । स्निग्धं वर्णकरं शीतं सौगन्ध्यं विषनाशनम् । ।6 । ।

Sandalwood oil purifies blood. It is unctuous, improves complexion, is cold in potency, has a good aroma and eliminates poison[6].

(7)

Camphor oil

(karpūratailaguṇāḥ/ कर्पूरतैलगुणाः)

पित्तलं पवननाशनं परं रोचनं क्रिमिहरं कफहारि ।

रुच्यमग्निजननं मनोहरं पीनसश्वासदन्तरोगजित् । ।7 । ।

वक्रपूति मलपिच्छिलापहं तैलमत्र शशिजं लघुतिक्तम् ।8 ।

Camphor oil mitigates vāta and kapha, aggravates pitta, increases taste and digestive fire, is pleasing to mind; useful in the treatment of worm infestation, rhinitis, difficulty in breathing, tooth disorders; removes the foul odour, impurities and sliminess of mouth. It is easily digestible and is bitter[7].

(8)

Oil from coconut shell

(nārikelakapālatailaguṇāḥ/ नारिकेलकपालतैलगुणाः)

कपाल नारिकेलस्य तैलं दद्रुविनाशनम् ।9 ।

Oil from coconut shells cures dadru (a type of skin disease)[8].

इति द्रव्यरत्नावल्याम् द्रुमसारतैलवर्गः समाप्तः

Here ends the description of the group of oils obtained from various parts of a tree other than seeds in the text of Dravyaratnāvali.

11. CATEGORY OF ALCOHOLIC BEVERAGES

madyavargamāha/ अथ मद्यवर्गमाह

Now, the description of the category of various types of wine.

(1)
General qualities of liquor
(sāmānyamadyaguṇāḥ/ सामान्यमद्यगुणाः)

मद्यं रोचनमत्युष्णं दीपनं भेदि पुष्टिकृत् ।
अम्लपाकरसं स्वादु कटुतिक्तकषायकम् । ।1 । ।
स्वरवर्णकरं विद्यान्निद्रानाशे हितं लघु ।
अहितं रक्तपित्ते च हितं स्थूलकृशेषु च । ।2 । ।
वातश्लेष्महरं रूक्षं सूक्ष्मस्रोतोविशोधनम् ।
पीतं युक्त्याहितं नो चेद्विषवद्घ्नन्ति मानवम् । ।3 । ।

Wine is very hot, improves taste, stimulates digestion, helps purgation, and imparts nourishment. It is sour at the end of digestion, has sweet, pungent, bitter and astringent taste, confers good voice and complexion, is beneficial to those suffering from loss of sleep, is easily digestible, unwholesome in epistaxis and wholesome for both stout and lean persons. It mitigates vāta and kapha. It is non-viscid, capable of entering minute pores and cleansing them. Wine is wholesome if consumed judiciously; otherwise, it kills the person like poison[1-3].

(2)
Fresh liquor
(navamadyaguṇāḥ/ नवमद्यगुणाः)

मद्यं नवं गुरुतरं कफपित्तकोपि ।
गुर्वाम्लमुष्णमनिलं च करोति जाड्यम् । ।4 । ।

Fresh wine is hard to digest and aggravates kapha, pitta and vāta. It is sour, hot and induces laziness[4].

(3)
Old liquor
(purāṇa madhyaguṇāḥ/ पुराण मध्यगुणाः)

मद्यं पुराणं कफपित्तकारि सन्दीपनं पुष्टिकरं मरुद्घ्नम् ।5 ।

Old wine vitiates kapha and pitta, mitigates vāta, increases digestive fire and bestows nourishment[5].

(4)
Rice-flour liquor
(śālipiṣṭamadya guṇāḥ/ शालिपिष्टमद्य गुणाः)

शालिपिष्टजनितं गुरु मद्यं बृंहणं वृषकरं च दीपनम् ।6 ।

Wine prepared from rice flour is hard to digest, helps gain weight, aphrodisiac and increases digestive fire[6].

(5)
Red Rice Liquor
(raktaśālibhavamadyaguṇāḥ/ रक्तशालिभवमद्यगुणाः)

रक्तशालिभवं मद्यं मदकृत्पित्तनाशनम् ।7 ।

Wine prepared from the red variety of rice induces intoxication and mitigates pitta[7].

(6)
Vakra Śāli type rice liquor
(vakraśālyutthitaṃ madyaṃ/ वक्रशाल्युत्थितं मद्यं)

वक्रशाल्युत्थितं मद्यं वातपित्तहरं गुरु ।8 ।

Wine made from Vakra Śāli (crooked/ broken rice) pacifies vāta and pitta; it is hard to digest[8].

(7)
Black rice liquor
(kṛṣṇavrīhibhavaṃ madyaṃ/ कृष्णव्रीहिभवं मद्यं)

कृष्णव्रीहिभवं मद्यं क्रिमिवातकफापहम् ।
दीपनं रोचनं स्वर्यं पित्तलं प्रदरापहम् । ।9 । ।

Wine prepared from black rice removes worm infestation, mitigates vāta and kapha, increases hunger and taste, confers good voice, aggravates pitta and treats menorrhagia[9].

(8)
Gaura śāli rice liquor
(gauraśāleyaṃ madyaṃ/ गौरशालेयं मद्यं)

तथैव गौरशालेयं मद्यं गुणवदुच्यते ।10 ।

Wine made from a red variety of rice has the same attributes. It has more positive traits[10].

(9)

Liquor from cereal grains

(dhānyamadyaguṇaḥ/ धान्यमद्यगुणः)

तत्तद्धान्योद्भवं मद्यं तत्तद्धान्यगुणं विदुः ।**11** ।

The properties of wine depend on the qualities of the respective (source) grains from which it is prepared[11].

(10)

Palm toddy

(tālamadyaguṇaḥ/ तालमद्यगुणः)

तालमद्यमतिमूत्रलं परं बृंहणं रतिकरं मनोहरम् ।

शीतलं गुरुतरं कफप्रदं वातपित्तशमनं मधुरं स्यात् । ।**12** ।

Wine from palm (toddy) is diuretic, induces weight gain, gives sexual pleasure, pleasing to mind, tasty, cold and heavy to digest; aggravates kapha, mitigates vāta, pitta and is sweet[12].

(11)

Palmyra fruit pulp toddy

(tālamajjotthamadyaguṇāḥ/ तालमज्जोत्थमद्यगुणाः)

तालमज्जोत्थितं मद्यं गुरुश्लेष्मविवर्धनम् ।

पित्तघ्नं वातलं रुच्यं गुर्वभिष्यन्दि शीतलम् । ।**13** । ।

तालमद्यासवं श्रेष्ठ मुषितं च त्रिदोषकृत् ।**14** ।

Wine from palmyra palm (ice apple) is hard to digest, aggravates kapha and vāta, mitigates pitta, enhances taste, is guru, causes obstruction of channels and is cold. Fermented infusion obtained from the palm is good for health, that which is stale aggravates three doṣa[13-14].

(12)

Lakṣmī tāla toddy

(lakṣmītālajamadyaguṇāḥ/ लक्ष्मीतालजमद्यगुणाः)

लक्ष्मीतालसमुद्भूतं मेहकुष्ठविषापहम् ।**15** ।

Wine obtained from Lakṣmī tāla cures polyuria, integumentary disease and poison[15].

(13)

Dates toddy

(kharjūramadyaguṇāḥ / खर्जूरमद्यगुणाः)

किञ्चित्कषायं मधुरं खार्जूरं मद्यमग्निकृत् ।

रोचनं शीतलं वृष्यं मूत्रलं कफपित्तकृत् । ।**16** । ।

Wine made from dates is slightly astringent and sweet. It enhances digestive fire, induces taste, cold, aphrodisiac, diuretic, and aggravates kapha and pitta[16].

(14)

Wild date toddy

parūṣakamadyaguṇāḥ / परूषकमद्यगुणाः)

परूषकभवं मद्यं कषायं मधुरं गुरु ।

शीतलं वातलं रुच्यं ग्राहि पित्तकफापहम् । ।**17** । ।

Wine from wild dates is astringent, sweet, hard to digest, cold, aggravates vāta, enhances taste, water absorbent/causing constipation, and mitigates pitta and kapha[17].

(15)

Coconut toddy

(nārikelamadyaguṇāḥ/ नारिकेलमद्यगुणाः)

नारिकेलोद्भवं मद्यं स्निग्धमग्निकरं परम् ।

वातपित्तहरं वृष्यं बृंहणं मूत्र शोधनम् । ।**18** । ।

Wine prepared from coconut is unctuous, enhances digestive fire, is aphrodisiac, causes weight gain, purifies urine, and pacifies vāta and pitta[18].

(16)

Betelnut tree toddy

(pūgadrumamadyaguṇāḥ/ पूगद्रुममद्यगुणाः)

पूगद्रुमोत्थितं मद्यं कषायं ग्राहि शीतलम् ।

पित्तघ्नं वातलं भेदि कफदुर्नामनाशनम् । ।**19** । ।

Wine made from betelnut tree is astringent, water absorbent, cold, mitigates pitta, aggravates vāta, breaks hard faeces and helps purgation, pacifies kapha and haemorrhoids[19]

(17)

Sugar cane liquor

(ikṣubhavamadyaguṇāḥ/ इक्षुभवमद्यगुणाः)

मद्यमिक्षुभवं बल्यं पित्तश्लेष्मकरं गुरु ।**20** ।

Wine made from sugarcane imparts strength, aggravates pitta and kapha and is hard to digest[20].

(18)
Molasses/treacle liquor
(gauḍa-madyaguṇāḥ/ गौड-मद्यगुणाः)

गौडं श्लेष्मकरं बल्यं मद्यं तर्पणदीपनम् ।21 ।

Wine made from jaggery increases kapha, imparts strength and nourishment and increases digestive fire[21].

(19)
Sugar liquor
(śarkarāmadyaguṇāḥ/ शर्करामद्यगुणाः)

शार्करं कफहृद्रुच्यं सुरभि स्वादु पित्तहृत् ।22 ।

Wine prepared from sugar is tasty, has a pleasant aroma, is sweet and mitigates kapha and pitta[22].

(20)
Fermented decoctions
(ariṣṭaguṇāḥ/ अरिष्टगुणाः)

तत्तद्रव्यगुणोऽरिष्टः सर्वमद्याधिको गुणैः ।
ग्रहणीशोफपाण्ड्वर्शः कुष्ठशोफ ज्वरोदरान् । ।23 । ।
प्लीहगुल्मक्रिमीन् हन्ति कषायो वातलं विदुः ।24 । (अ. हृ)

Fermented decoctions have the same qualities as drugs from which they are prepared. They are more intoxicating than all other alcoholic beverages and are useful in treating disorders of the lower gastrointestinal tract, oedema, anaemia, haemorrhoids, integumentary disease, emaciation, fever, ascites, disorders of the spleen, abdominal lump, worm infestation, is astringent and aggravates vāta[23-24].

(21)
Fermented infusion
(ariṣṭaguṇāḥ/ अरिष्टगुणाः)

तत्तद्रव्यगुणोऽरिष्टः सर्वमद्याधिको गुणैः ।
ग्रहणीशोफपाण्ड्वर्शः कुष्ठशोफ ज्वरोदरान् । ।23 । ।
प्लीहगुल्मक्रिमीन् हन्ति कषायो वातलं विदुः ।24 । (अ. हृ)

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(22)
Madhūka flower liquor
(madhūkapuśpamadyaguṇāḥ/ मधूकपुष्पमद्यगुणाः)

मधूकपुष्पसम्भूतं मद्यं स्वादु बलप्रदम् ।26 ।

Wine made from Madhūka flowers is sweet and imparts strength[26].

(23)
Tubers liquor
(sāndra, śukta madyaguṇāḥ/ सान्द्र, शुक्त मद्यगुणाः)

कफपित्तप्रकोपस्स्यात्सान्द्रं शुक्तं समीरनुत् ।
हृद्यं रुचिकरं साम्लं तीक्ष्णमुष्णं च दीपनम् । ।27 । ।
क्रिमिहृत्पाण्डुहृद्रूक्षं स्पर्शे शीतं विषापहम् ।28 ।

Wine from tubers aggravates kapha, pitta, mitigates vāta. It is dense, good for heart, enhances taste, sour, penetrating, hot in potency, increases digestive fire, cures worms, anaemia, poison, causes dryness and is cold touch[27-28].

(24)
Alcoholic beverages
(sarvamadyaguṇāḥ/ सर्वमद्यगुणाः)

सर्वं मद्यं दीपनं पित्तकारि सूक्ष्मस्रोतोशोधनम् बृंहणं च ।
कार्याकार्याज्ञानबद्धप्रलापं लज्जानाशं कारयत्याशु पानात् । ।29 । ।

All types of liquor increase digestive fire, vitiate pitta, purifies minute channels, cause weight gain; immediately after intake induce excessive talking (chatter) devoid of knowledge of task discretion (what is to be done and what is not to be done), also induce shamelessness[29].

(25)
Whole rice grain fermented liquor
(dhānyāmlabhedāḥ/ धान्याम्लभेदाः)

बालमध्यमवृद्धाख्यं धान्याम्लं त्रिविधं स्मृतम् ।
अतीतैकदिनं बालं मध्यमं वासरत्रयात् । ।30 । ।
चतुः पञ्चदिनादूर्ध्वं वृद्धकाञ्जिकमुच्यते ।

ईषत्पित्तकरं बालं मध्यमं कफपित्तकृत् । ।31 । ।

वृद्धं वातहरं शस्तमनुवासनकर्मणि ।

Bāla, Madhyama, and Vṛddha are the three types of Dhānyāmlaṃ. That which is fermented for one day is Bāla Kāñjikam. It slightly aggravates pitta. Madhyama is fermented for three days, which aggravates Kapha and Pitta. Vṛddha Kāñjikam is fermented for more than four or five days; it alleviates vāta and is effective for use in oil enema[30-31].

(26)

Rice gruel

(kāñjikaguṇāḥ/ काञ्जिकगुणाः)

प्राणदं पवननाशनं परं दीपनं श्रमहरं रुचिप्रदम् ।

शीतलं स्पर्शनेन काञ्जिकं जन्तुहारि कफकृत्प्रियं दृशोः । ।32 । ।

Kāñjika sustains life, alleviates vāta, good to increase digestive fire, relieves fatigue, enhances taste, cold to touch, removes worms, aggravates kapha and good for eyes[32].

(27)

Sour rice gruel

(śālijalaguṇāḥ/ शालिजलगुणाः)

शुक्तं वातहरं ज्ञेयं पित्तश्लेष्मकरं परम् ।

श्रमक्लमहरं रुच्यं निदाघे परमं हितम् । ।33 । ।

Sour rice gruel (Śuktaṃ) pacifies vāta, aggravates pitta and kapha, relieves physical exhaustion and fatigue, enhances taste, and is most wholesome in summer[33].

(28)

Contraindications for alcohol intake

(madyavarjāḥ/ मद्यवर्जाः)

कुष्ठप्रमेहे विषवेगयुक्तः तथास्रपित्ते च निदाघतप्तः ।

पिबेन्नचोष्णैरुपचारजातैः क्षुद्धातुकश्चैव विरिक्तकोष्ठः । ।34 । ।

तोयक्षीरेक्षुतैलानां वर्गैर्मद्यस्य च क्रमात् ।

इति द्रव्यैकदेशोऽयं यथास्थूलमुदाहृतम् । ।35 । ।

Intake of alcohol is contraindicated in integumentary disease, diabetes mellitus, attacks of poison, bleeding disorder and sunstroke; one should not consume hot, processed alcohol and after purgation and when suffering from hunger[34].

In this way, all drugs in the groups of Water (Toya), Milk (Kṣīra), Sugarcane (Ikṣu), Oil (Taila), and Wine (Madya) are briefly mentioned [35].

इति द्रव्यरत्नावल्यां मद्यवर्गः समाप्तः

Here ends the group of Wines in Dravyaratnāvali.

12. CATEGORY OF URINE

Mūtra vargaḥ मूत्र वर्गः

Now, the description of the category of urine.

(1)

General qualities of urine

(gomūtrādi sāmānyaguṇāḥ/ गोमूत्रादि सामान्यगुणाः)

गोजाविमाहिषं मूत्रं गजाश्वोष्ट्रादि सम्भवम् ।
खरमानुषसम्भूतं पित्तलं तीक्ष्णरूक्षकम् । ।1 । ।
लवणानुरसं चोष्णं क्रिमिशोफहरं कटु ।
शूलानाहोदरहरं कफपाण्ड्वनिलापहम् । ।2 । ।
गुल्मश्वित्रारुचिविषकुष्ठार्शांसि विनाशयेत् ।
यथापूर्वं परतरं सर्वकर्मसु शस्यते । ।3 । ।

Urine of cow, goat, sheep, buffalo, elephant, horse, camel, donkey and of humans aggravates pitta, penetrates deep, non-unctuous, pungent with salt as its secondary taste, hot; alleviates worms, oedema, colic, abdominal distension, ascites, anaemia, kapha, vāta, abdominal lumps, leucoderma, anorexia, poison, integumentary diseases, haemorrhoids. They are best in preceeding order and can be effectively used in all procedures[1-3].

(2)

Cow urine

(gomūtraguṇāḥ/ गोमूत्रगुणाः)

दीपनं रोचनं भेदि तेषु गोमूत्रमुत्तमम् ।
विरेकास्थापनालेपात्स्वेदादिषु च पूजितम् । ।4 । ।
गोमूत्रं कटु पित्तलं कफहरं कायाग्निसन्दीपनम् ।
कुष्ठघ्नं क्रिमिनाशनं जठररुक्पाण्ड्वामयोद्ध्वंसनम् । ।5 । ।
शोफानाहविबन्धकृत्सलवणं दुर्नामगुल्मापहम् ।
शूलघ्नं पवनप्रणाशनकरं पापघ्न मायुष्करम् । ।6 । ।

Cow urine is best among all types of urine in increasing digestive fire; enhances taste, breaks hard faeces and helps purgation. It can be effectively used for purgation, decoction enema, topical application, sudation, etc. It is pungent, vitiates pitta, mitigates kapha, enhances digestive fire, helpful in treating integumentary disease, worm infestation, abdominal diseases, anaemia, oedema, abdominal distension, constipation, haemorrhoids, abdominal lumps, colicky pain, mitigates vāta and removes sins (pāpa); increases longevity; wholesome is salty in taste[4-6].

(3)

Goat urine

(chāgamūtraguṇāḥ/ छागमूत्रगुणाः)

छागं मूत्रं कर्णशूलापहन्ता कासश्वासं हन्ति कुष्ठक्रिमींश्च ।
गुल्माध्मानं चर्म हिध्मोदराणि वर्ध्म पामा मण्डलं चर्चिकां च । ।7 । ।

Urine of goat alleviates otalgia, tussis, difficulty in breathing, integumentary disease, worm infestation, abdominal lump, distension, singultus, ascites, hernia, and various skin ailments like eczema (Pāmā, Maṇḍalaṃ, Carcikā)[7].

(4)

Sheep urine

(āvika mūtra guṇāḥ/ आविक मूत्र गुणाः)

आविकं मूत्रमुष्णं स्यात्पित्तलं कफवातजित् ।
हन्ति शूलोदरानाह क्रिमिकण्डूविचर्चिकान् । ।8 । ।

The urine of sheep is hot, vitiates pitta, mitigates kapha and vāta, and cures abdominal colic, ascites, distension, worm infestation, pruritis and wet eczema[8].

(5)

Buffalo urine

(mahiṣamūtra guṇāḥ/ महिषमूत्र गुणाः)

क्रिमिशोफोदरहरं किञ्चिदुष्णं तु माहिषम् ।
कामला पाण्डुहृन्मूत्र मीषत्पित्तकरं गुरु । ।9 । ।

The urine of buffalo is slightly hot, helpful in alleviating worm infestation, oedema, ascites, jaundice and anaemia; slightly vitiates pitta and is hard to digest[9].

(6)

Elephant urine

(hastisamudhbhūtamūtraguṇāḥ/ हस्तिसमुद्भूतमूत्रगुणाः)

मूत्रं हस्तिसमुद्भूतं स्थैर्यकृद्बलकृद्गुरु ।
शोफे विपादिकायां च शस्तं वातविबन्धकृत् । ।10 । ।

The urine of elephant imparts firmness and strength, is hard to digest, alleviates oedema,

cracks in palms and soles, and disorders of vāta and constipation[10].

(7)

Horse urine

(aśvamūtraguṇāḥ/ अश्वमूत्रगुणाः)

अश्वमूत्रं कटूष्णं च शुक्रवातविकारनुत् ।
कफघ्नं क्रिमिदद्रूंश्च किलासं हन्ति श्लीपदम् ।।**11** ।।

The urine of horse is pungent, hot, effective in disorders of sperm, vāta, mitigates kapha; relieves worm infestation, ringworm and leucoderma due to pitta and filariasis[11].

(8)

Camel urine

(uṣṭrajamūtraguṇāḥ/ उष्ट्रजमूत्रगुणाः)

कटूष्णमुष्ट्रजं मूत्रं दद्रुमण्डलकुष्ठनुत् ।
सन्निपातहरं न स्याच्छूलोदावर्तगुल्मनुत् ।।**12** ।।

The urine of camel is pungent and hot, cures ring worm (Dadru), pityriasis rosea (Maṇḍalakuṣṭha), fever due to three doṣas, colicky pain, lump in abdomen and obstipation[12].

(9)

Donkey urine

(kharajamūtraguṇāḥ/ खरजमूत्रगुणाः)

तीक्ष्णोष्णं खरजं मूत्र मुन्मादापस्मृतिं हरेत् ।
ईषत्कषायं कुष्ठं च तिक्तं क्रिमिविशेषजित् ।।**13** ।।

The urine of donkey is penetrating, hot, slightly astringent and bitter; useful in treating insanity, epilepsy, integumentary disease, and worm infestation[13].

(10)

Human urine

(mānuṣamūtraguṇāḥ/ मानुषमूत्रगुणाः)

पित्तलं मानुषं मूत्रं सक्षारकटुतिक्तकम् ।
सद्यःक्षते सन्निपाते ग्रहोन्मादे विषेषु च ।।**14** ।।
प्रशस्तं च वलीरोगे विशेषान्नस्यकर्मणि ।**15** ।

The urine of humans aggravates pitta, is alkaline, pungent, and bitter; effective in the treatment of acute injuries, fever due to three doṣas, possession by evil spirits, insanity, poison and wrinkles; particularly useful as nasal medication[14-15].

(11)

Order, method of urine intake

(mūtrasevākramaḥ/ मूत्रसेवाक्रमः)

सूर्योदये मूत्रमुशन्ति तिक्तं ज्वरानशेषान्तदपाकरोति ।
आद्यं तु धारामिलितं तु मूत्रं पानाय शस्तं प्रवदन्ति
तज्ज्ञाः ।।**16** ।।

At sunrise, urine has bitter taste and relieves fever. According to intellectuals who are well versed with the utility of urine 'the first outcome of urine is best for drinking'[16].

इति द्रव्यरत्नावल्यां मूत्रवर्गस्समाप्तः

Here ends the description of the group of urines in Dravyaratnāvali.

13. CATEGORY OF ANIMAL EXCRETA

Viḍvargaḥ/ विड्वर्गः

Now, the description of the category of various types of excreta, dung.

(1)
Cow dung
(goviṭ guṇāḥ/ (गोविट् गुणाः)

अलक्ष्मीहरणम् गोविट् लेपकर्मणि शस्यते ।
सर्वशुद्धिकरं पुण्यं शस्तमुन्मादरोगिषु । ।1 । ।

The dung of cow removes inauspiciousness, purifies everything, is effective for topical application, alleviates insanity and is virtuous[1].

(2)
Buffalo dung
(mahiṣaviḍ guṇāḥ/ महिषविड् गुणाः)

महिषीसम्भवं शीतं कामलापहमुत्तमम् ।
दुग्धदाहप्रशमनं प्रलेपात्सर्वदाहनुत् । ।2 । ।

The buffalo dung is cold and effective in alleviating jaundice, burns, and burning sensations; when used as an ointment, it cures all burning sensations[2].

(3)
Goat droppings
(ajāviḍ guṇāḥ / अजाविड् गुणाः)

अजाविड्वातरोगेषु प्रशस्तं स्वेदकर्मणि ।3 ।

Excreta of goat relieves disorders due to vitiation of vāta and can be effectively used in sudation therapy[3].

(4)
Sheep droppings
(ajāviḍ guṇāḥ/ अजाविड् गुणाः)

अजाविड्वातरोगेषु प्रशस्तं स्वेदकर्मणि ।3 ।

Excreta of goat relieves disorders due to vitiation of vāta and can be effectively used in sudation therapy[3].

(5)
Elephant dung
(hastiśakṛd/ अस्तिशकृद्)

शकृद्धस्ति स्निग्धश्शीतोसमुद्भूतं पादकण्टकभेदनुत् ।5 ।

Elephant dung is unctuous, cold, alleviates pain associated with calcaneous spur (pādakaṇṭaka bheda) [5].

(6)
Horse dung/manaure
(aśvaviḍ guṇāḥ/ अश्वविड् गुणाः)

अश्वोद्भवं तु शकृच्छ्वासकासहारि सरं लघु ।6 ।

Horse dung helps treat dyspnoea and cough; it is laxative and easily digestible[6].

(7)
Camel dung/manure
(auṣṭraviḍ guṇāḥ/ औष्ट्रविड् गुणाः)

उष्ट्रोद्भवन्त्वानाह श्वासवातहरं शकृत् ।7 ।

Camel dung alleviates abdominal distension, difficulty in breathing and disorders due to vāta[7].

(8)
Rat excreta
(mūṣikā viḍ/ मूषिका विड्)

मूषिकोद्भवमत्यन्तं शकृत्कृच्छ्राश्मरीहरम् ।8 ।

Excreta of rats relieves dysuria and urolithiasis[8].

(9)
Effect of consuming animal excreta
(sarvajantu viḍ/ सर्वजन्तु विड्)

सर्वं शकृत्पानपाप्माविष वातक्रिमिप्रणुत् ।9 ।

Intake of all animal excreta mitigates the effects of sins (pāpma), poison, disorders due to vāta and worm infestation[9].

(10)
Ox Gall
(Gorocana/ गोरोचन)

गोरोचनं पापहर मलक्ष्मीनाशनं परम् ।
कफपित्तहरं पुण्यं गौरीप्रीतिविवर्धनम् । ।10 । ।

Gorocana mitigates the effects of sins (pāpma) and inauspiciousness(alakṣmī), kapha and pitta disorders. It is virtuous and

auspicious to please (worship) Goddess Parvati[10].

इति द्रव्यरत्नावल्यां विड्वर्गस्समाप्तः

Here ends a group of animal excreta in Dravyaratnāvali.

14. GROUP OF CEREALS, GRAINS

Tṛṇadhānyavargamāha/ तृणधान्यवर्गमाह

Now, the description of cereals and grains.

(1)

Red rice

(raktaśāli guṇāḥ / रक्तशालि गुणाः)

रक्तशालिस्त्रिदोषघ्नो दाहतृष्णानिवर्तकः ।

स्वादुपाकरसः स्निग्धो वृष्यः पथ्योऽल्पविड्लघु । ।1 ।

कषायानुरसः स्निग्धो मूत्रलस्तु विबन्धकृत् ।2 ।

Red rice mitigates all the three vitiated doṣa, burning sensation, and thirst; it is slightly astringent and sweet in taste and sweet at the end of digestion; unctuous, aphrodisiac, wholesome, results in less excretory output, easy to digest, diuretic and causes constipation[1-2].

(2)

Bigger variety of rice

(mahāśāli guṇāḥ / महाशालि गुणाः)

महाशालिर्वरस्तत्र सन्निपातहरो लघुः ।

वर्ण्यः पथ्यतमः शुक्लमूत्रविवर्धनः । ।3 । ।

चक्षुष्यस्तृद्दशमनो हृद्यो दीपनपाचनः ।4 ।

Bigger grains are considered wholesome, relieve fever due to three doṣas, are easy to digest, enhance complexion, are wholesome, increase semen, are diuretic, good for eyes and heart, relieve thirst, increase digestive fire and help digestion [3-4].

(3)

Aromatic rice

(sugandhiśāli guṇāḥ / सुगन्धिशालि गुणाः)

सुगन्धिशालिप्रसवो वातपित्तहरो गुरुः ।

स्निग्धो वृष्यश्च बल्यश्च बृंहणः कफमूत्रकृत् । ।5 ।

Aromatic rice (sugandhiśāli) with good aroma mitigates vitiated vāta, pitta, is hard to digest, unctuous, aphrodisiac, imparts strength and nourishment, aggravates kapha and is diuretic [5].

(4)

Maṇḍaśāli

(vakra dhānya guṇāḥ / वक्रधान्य गुणाः)

वक्रधान्यं पञ्चविधं तत्र शीतोऽतिबृंहणः ।

स्वादुपाकरसः स्निग्धो गुरुः श्लेष्मकरोऽपि च । ।8 । ।

Vakradhānyaṃ is of five types.They are cold, impart overnourishment, and are sweet after digestion; they are unctuous, take longer to digest, and aggravate kapha [8].

(5)

Kṣudraśāli

(kṣudraśāli guṇāḥ / क्षुद्रशालि गुणाः)

क्षुद्रशालिर्मृदुतरो वृष्यो बृंहणदीपनः ।7 ।

The thin variety of rice grain is very soft, acts as an aphrodisiac, imparts nourishment and increases digestive fire [7].

(6)

vakradhānyaṃ

(vakra dhānya guṇāḥ / वक्रधान्य गुणाः)

वक्रधान्यं पञ्चविधं तत्र शीतोऽतिबृंहणः ।

स्वादुपाकरसः स्निग्धो गुरुः श्लेष्मकरोऽपि च । ।8 । ।

Vakradhānyaṃ is of five types. They are cold, impart overnourishment, and are sweet after digestion; they are unctuous, take longer to digest, and aggravate kapha [8].

(7)

Kṛṣṇavakravrīhi

(kṛṣṇavakravrīhi guṇāḥ / कृष्णवक्रतनुव्रीहि गुणाः)

कृष्णवक्रतनुव्रीहि स्सर्वदोषनिबर्हणः ।9 ।

Black crooked rice are thin and mitigates all (perturbed) doṣas [9].

(8)

śrīkesarā

(rīkesarā guṇāḥ / श्रीकेसरा गुणाः)

ततोऽल्पकायः श्वेतस्तु बृंहणो वातकोपनः ।10 ।

Śrīkesarā type of rice grains are small, white, impart nourishment and aggravate vātaI [10].

(9)

Red rice

(raktavrīhi guṇāḥ / रक्तव्रीहि गुणाः)

रक्तव्रीहिस्समधुरो रसे पाके च पित्तहा ।

श्लेष्मलो बृंहणो वृष्यो वातघ्नश्शुक्रलो गुरुः । ।11 । ।

Red (raktavrīhi) type of rice is sweet in taste and after digestion, takes longer to digest, alleviates pitta and vāta, aggravates kapha, improves semen, imparts nourishment and is aphrodisiac [11].

(10)

White rice

(śuklaśāli guṇāḥ / शुक्लशालि गुणाः)

सार्धत्रिमासफलितधान्यं तच्च चतुर्विधम् ।

द्विविधस्त्रत्र शुक्लश्च श्वेतश्च द्विविधो मतः । ।12 । ।

शुक्लो वृष्यकरः स्निग्धो वातपित्तहरो गुरुः ।13 ।

Rice harvested in three and a half months is four types. These are again categorised into two types – white and black. (in śloka given śukla, aśveta). White variety of rice is aphrodisiac, unctuous, hard to digest, and mitigates vāta and pitta [12-13].

(11)

Cereal grains

(sarvaśāli guṇāḥ / सर्वशालि गुणाः)

अपरः सृष्टविण्मूत्रो दीपनो बलवर्धनः ।14 ।

Other rice grains help eliminate faeces and urine, increase digestive fire and impart strength [14].

(12)

Black rice

(kṛṣṇaśāli guṇāḥ / कृष्णशालि गुणाः)

कृष्णोऽतिलघुर्ग्राही कफवातास्रपित्तकृत् ।15 ।

Black rice is very easy to digest, water absorbent, aggravate kapha, vāta and causes bleeding disorders [15].

(13)

Pakṣavrīhi

(pakṣavrīhi guṇāḥ / पक्षव्रीहि गुणाः)

पक्षव्रीहिः सुगन्धि स्यान्मधुरो रोचनो हिमः ।16 ।

Pakṣavrīhi has good aroma, sweet and good taste and is cold [16].

(14)

Sixty day harvest rice

(śveta-kṛṣṇavrīhi guṇāḥ / श्वेत-कृष्णव्रीहि गुणाः)

षष्ठिको व्रीहिषु प्रोक्तः श्वेतःकृष्णश्च तत्र तु ।

श्वेतःश्रेष्टतमः प्रोक्तः कृष्णस्तदनु व्रीहिषु । ।17 । ।

दीपनः पाचनो ह्रद्यो लघुर्ग्राही त्रिदोषनुत् ।18 ।

Grains that yield in sixty days are in either white or black varieties. White grains are best, black grains have less desirable qualities: increase digestive fire, help digestion, are good for the heart, are easy to digest, are water absorbent and mitigate all three doṣas [17-18].

(15)

Nivara Rice

(nīvāraśāli guṇāḥ / नीवारशालि गुणाः)

नीवारश्चास्रपित्तघ्नो लघुर्दीपनपाचनः ।

देवतार्थे व्रते होमे शान्तिकर्मणि शस्यते ।19 ।

Uncultivated grains which grow in forests alleviate bleeding disorders, are easy to digest, increase digestive fire, help digestion, and are best to be offered as oblations to deities in rituals like undertaking and conducting a vow (vrata), Vedic-oblation (homa), the ritual to avert evils (śāntikarma) [19].

(16)

Wheat

(godhūma guṇāḥ / गोधूम गुणाः)

जीवनो वातपित्तघ्नो गोधूमो मधुरो रसः ।

सन्धानकारी वृष्यश्च शीतः स्निग्धो गुरुस्सरः । ।20 । ।

Wheat is an invigorator, alleviates vāta and pitta, is sweet in taste, helps unification, is aphrodisiac, cold, unctuous, hard to digest, and laxative [20].

(17)

Small variety wheat

(laghugodhūma guṇāḥ / लघुगोधूम गुणाः)

लघुश्च मधुरः सृष्ट विण्मूत्रः स्थैर्यकृद्वरः ।21 ।

Thin wheat is sweet, helps easy elimination of faeces and urine, gives firmness and is considered best [21].

(18)

Barley

(yava guṇāḥ / यव गुणाः)

स्वादुस्सरो गुरुश्शीतो वातविट्को यवो मतः ।

कफान्मेदो हन्ति वृष्यः पित्तमूत्र स्थिरत्वकृत् । ।22 । ।

पित्तमूत्रसकासोरुस्तम्भकण्ठगरोगहा ।23 ।

Barley is sweet, laxative, hard to digest, cold, increases formation of flatus and faeces, aggravates vatadoṣa, mitigates kapha, pitta, obesity, disorders of urine, cough, stiffness of thighs and diseases of the throat; gives stamina and acts as aphrodisiac [22-23].

(19)

Bamboo rice

(vaṁśayava guṇāḥ / वंशयव गुणाः)

यवात्किञ्चिद्गुणैर्हीनो रूक्षोष्णो वंशजो यवः ।24 ।

Bamboo rice possess same properties like that of barley but in less intensity, is dry and hot [24].

(20)

Sorghum/Jawar

(uddāla guṇāḥ / उद्दाल गुणाः)

उद्दालो वातकृद्भेदी कफपित्तकरो गुरुः ।25 ।

Jawar increases the formation of flatus, aggravates vatadoṣa, breaks hard faeces and aids in free defecation, gives rise to disorders of kapha and pitta and takes a longer time to digest [25].

(21)

Big variety of sorghum/jowar

(mahoddāla guṇāḥ / महोद्दाल गुणाः)

महोद्दालः कफकरो बृंहणो वातपित्तहा ।26 ।

The big variety of Jowar vitiates kapha, imparts nourishment and mitigates vāta, pitta [26].

(22)

Red coloured sorghum/jawar

(raktavarṇamahoddāla guṇāḥ / रक्तवर्णमहोद्दाल गुणाः)

रक्तवर्णो महोद्दालो वर्णदीप्तिकरस्सरः ।27 ।

The Big variety of red jowar enhances complexion, increases digestive fire and is laxative [27].

(23)

Sorghum-Saptacchada Uddālaka

(saptacchadoddālaka guṇāḥ / सप्तच्छदोद्दालक गुणाः)

सप्तच्छदोद्दालकस्तु लघुरम्लकरस्सरः ।28 ।

Sorghum/Jowar, produced from a seven-leaved plant, is easy to digest, sour in flavour and laxative [28].

(24)

White sorghum/ jawar

(taṇḍuloddāla guṇāḥ / तण्डुलोद्दाल गुणाः)

तण्डुलोद्दालकश्श्वेतो बृंहणो मधुरो लघुः ।29 ।

White sorghum/jowar (visakha) is white, imparts nourishment, is sweet and is easy to digest [29].

(25)

Red sorghum/jowar

(lohitastaṇḍuloddāla guṇāḥ / लोहितस्तण्डुलोद्दाल गुणाः)

लोहितस्तण्डुलोदालः प्रीणनो धातुवर्धनः ।30 ।

Red sorghum/jawar (Visakha) provides nutrition and promotes the growth of tissues[30].

(26)

Thin variety of sorghum/jowar

(kṣudroddāla guṇāḥ / क्षुद्रोद्दाल गुणाः)

क्षुद्रोद्दालो लघुतरः सुयोगो वातकोपनः ।31 ।

A thin variety of jawar is very easy to digest, good for usage, and vitiates vāta [31].

(27)

General qualities of sorghum/jowar

(sarvoddāla guṇāḥ / सर्वोद्दाल गुणाः)

उद्दालकास्तथा चान्ये प्रायो वातकरास्सराः ।

शीतवीर्यकराः स्पर्शतर्पणो बलवर्धनाः ।32 । ।

In general, jowar (uddālaka), aggravates vāta, a laxative, is cold in potency, gives satisfaction on touch and imparts strength [32].

(28)

Another reading

(pāṭhāntare / पाठान्तरे)

यावनालः कफं हन्ति वातविण्मूत्रकोपनः ।

पित्तोद्रेकविकारघ्नो गुल्मार्शः कोपनो गुरुः । ।33 । ।

Millets (yāvanāla) mitigate kapha; increase the formation of flatus, faeces and urine, aggravate vatadoṣa; alleviate disorders due to aggravated pitta, induce the formation of an abdominal lump, haemorrhoids and are hard to digest [33].

(29)

Foxtail millet

(kaṅgu guṇāḥ / कङ्गुगुणाः)

भग्नसन्धानकृत्कङ्गुर्बृंहणो गुरुदीपनः ।34 ।

Kaṅgu aids the unification of fractured bones, imparts nourishment, is hard to digest, and increases digestive fire [34].

(30)

Black variety of foxtail millet

(kṛśṇapriyañgu guṇāḥ / कृष्णाप्रियङ्गु गुणाः)

कृष्णाप्रियङ्गुर्लघ्वी स्याद्रूक्षा कफहरी मताः ।35 ।

Black variety of foxtail millets are easy to digest, dry and mitigate kapha.[35]

(31)

Tuṅga priyaṅgu

(tuṅgapriyañgu guṇāḥ / तुङ्गप्रियङ्गु गुणाः)

तुङ्गः प्रियङ्गुर्मधुरो बृंहणो वातपित्तकृत् ।36 ।

Tuṅgapriyaṅgu is sweet, imparts nourishment, vitiates vāta and pitta [36]

(32)

Kodo millet

(kodrava guṇāḥ / कोद्रव गुणाः)

स्पर्शशीतो विषहरो ग्राही शीतस्तु कोद्रवः ।37 ।

Kodo millet are cold touch, relieve poison, bowel binding and cold [37].

(33)

Jala kodrava

(jalakodrava guṇāḥ / जलकोद्रव गुणाः)

जलकोद्रवधान्यन्तु शिरोभ्रमणकृल्लघु ।38 ।

Jala kodrava causes giddiness; easy to digest [38].

(34)

Koradūṣa

(koradūṣa guṇāḥ / कोरदूष गुणाः)

कोरदूषः सकृत्पाकी ग्राही सूक्ष्माकृतिर्लघुः ।
पिच्छिलः पिष्टतां याति नचाग्नित्वं प्रपद्यते । ।39 । ।

Koradūṣa has single harvest, water absorbent, compact size, easily digestible, slimy, can be easily pulverised and doesn't cause heat [39].

(35)

śyāmākadhānya

(śyāmākadhānya guṇāḥ / श्यामाकधान्य गुणाः)

श्यामाकधान्यं लघु शीतवीर्यं वातप्रदं पित्तहरं कफघ्नम् ।40 ।

Śyāmāka is easily digestible, cold in potency, vitiates vāta but aggravates pitta and kapha [40].

(36)

Śibira

(śibira guṇāḥ / शिबिर गुणाः)

शिबिरः शिरसः कुर्याद्भ्रमणं पित्तकोपनम् ।
काश्र्यं करोति कायस्य न शस्तो देहधारिणाम् । ।41 । ।

Śibira causes giddiness, vitiates pitta, and induces leanness. They are not good for maintaining humans [41].

(37)

Varaka

(varaka guṇāḥ / वरक गुणाः)

वरको दारयत्यग्निं वातव्याधिविवर्धनः ।
धातूनांशोषणो ग्राही रूक्षस्सारविवर्जितः । ।42 । ।

Varaka diminishes digestive fire, exacerbates disorders due to vāta, and causes emaciation of tissues, water absorbent, dry, and lacks nutrients [42].

(38)

Gavedhuka

(gaveduka guṇāḥ / गवेधुक गुणाः)

गवेधुकाफलं लघु लेखनी स्थौल्यहारिणी ।43 ।

Gavedhuka is easily digestible, aids scrapping, and decreases obesity [43].

(39)

Jalakaṅgu

(jalakañgu guṇāḥ / जलकङ्गु गुणाः)

जलकङ्गुः पवनकृच्छीतपित्तकरो गुरुः ।44 ।

Jalakaṅgu aggravates vāta and causes urticaria (śītapitta); It is cold and difficult to digest[44].

इति द्रव्यरत्नावल्यां तृणधान्यवर्गः समाप्तः

Thus, the description of the group of grains produced by cereals/grains in Dravyratnāvali ends.

15. GROUP OF LEGUMES, PULSES

Śimbidhānyavargaḥ शिम्बिधान्यवर्गः

Now the description of category of legumes and pulses.

(1)

Green gram, general qualities

(mudgasāmānya guṇāḥ / मुद्गसामान्य गुणाः)

मुद्गः कषायः स्वादुश्च कटुपाको हिमो लघुः ।

लेपाद्वर्ण्यः कषायस्तु मेदःश्लेष्मास्रपित्तहा । ।1 । ।

Green gram is astringent and sweet in taste, pungent after digestion, cold, easy to digest. On anointment enhances complexion, decreases fat, alleviates kapha and bleeding disorders[1].

(2)

Green gram

(haritamudga guṇāḥ / हरितमुद्ग गुणाः)

दृष्टिप्रसादना मुद्गाः स्निग्धा नात्यर्थवातलाः ।

हरिताः सृष्टविण्मूत्रा प्रधाना मुद्गजातिषु । ।2 । ।

Green gram (Haritamudga) enhances vision, is unctuous, does not increase vāta, and causes the free passage of faeces and urine. They are important among all other types of green gram[2].

(3)

Blackish green gram

(kṛṣṇamudga guṇāḥ / कृष्णमुद्ग गुणाः)

बलासमर्दनः कृष्णमुद्गो भेद्यनिलप्रदः ।

कफपित्तास्रजिद्ग्राही चक्षुष्यो व्रणहृल्लघुः । ।3 । ।

Blackish green gram mitigates kapha, breaks hard faeces and helps purgation, vitiates vāta, alleviates kapha, pitta and blood, is water absorbent, enhances vision, heals wounds and is easy to digest[3].

(4)

Big variety of green gram

(mahāmudga guṇāḥ / महामुद्ग गुणाः)

महामुद्गो गुरुः स्निग्धो दुर्जरः कफपित्तहृत् ।4 ।

The big variety of green gram is hard to digest, unctuous, takes a long time to digest, and mitigates kapha and pitta[4].

(5)

Branch green gram

(śākhāmudga guṇāḥ / शाखामुद्ग गुणाः))

शाखामुद्गो हिम स्निग्धः पित्तघ्नो वातकोपनः ।5 ।

Branch green gram (Śākhāmudga) is cold, unctuous, alleviates pitta and aggravates vāta[5].

(6)

White variety green gram

(śwetamudga guṇāḥ / श्वेतमुद्ग गुणाः)

श्वेतमुद्गः पित्तहरः स्निग्धोऽसृग्वातनाशनः ।6 ।

The white variety of green gram mitigates pitta, unctuous, and alleviates disorders of blood and vāta[6].

(7)

Reddish green gram

(gauramudga guṇāḥ / गौरमुद्ग गुणाः)

गौरमुद्गोग्निजनः किञ्चित्पित्तकरस्सरः ।7 ।

Reddish green gram stimulates digestive fire, slightly vitiates pitta and is laxative[7].

(8)

Grey or smoke colour green gram

(dhūmravarṇamudga guṇāḥ / धूम्रवर्णमुद्ग गुणाः)

धूम्रवर्णोऽथ मुद्गस्तु कषायमथ शीतलम् ।8 ।

Grey or smoke-coloured variety of green gram is astringent and cold[8].

(9)

Wild variety green gram

(vanamudga guṇāḥ / वनमुद्ग गुणाः)

वनमुद्गो लघुतरो वातलः पित्तनाशनः ।9 ।

The wild variety of green gram is very easy to digest, vitiates vata and mitigates pitta[9].

(10)

Small variety of green gram

(jalamudga guṇāḥ / जलमुद्ग गुणाः)

जलमुद्गो हिमस्स्निग्धः प्रशस्तः पैत्यरोगिणाम् ।10 ।

The small variety of green gram is cold, unctuous, and effective in alleviating diseases caused by pitta[10].

(11)

Black gram

(māṣa guṇāḥ / माष गुणाः)

माषः पित्तकरः स्निग्धो बलश्लेष्मविवर्धनः ।

उष्णोऽनिलहरः स्वादुः शुल्कवृद्धिर्गुरुस्सरः । ।11 । ।

Black gram vitiates pitta, kapha is unctuous, imparts strength, is hot, mitigates vāta, is sweet, improves semen production, is hard to digest and is laxative[11].

(12)

Greyish variety black gram

(dhūmravarṇamāṣa guṇāḥ / धूम्रवर्णमाष गुणाः)

माषोऽन्यो धूम्रवर्णाभः स्वादुर्वृष्यतरो गुरुः ।12 ।

The greyish variety of black gram is sweet, highly aphrodisiac and hard to digest[12].

(13)

Wild variety of black gram

(āraṇyamāṣa guṇāḥ / आरण्यमाष गुणाः)

आरण्यमाषो मधुरो वातपित्तहरो लघुः ।13 ।

The wild variety of black gram is sweet, mitigates vāta and pitta and is easy to digest[13].

(14)

Round pea

(kalāya guṇāḥ / कलाय गुणाः)

कलाया वातला रूक्षा ग्राहिणो मधुरा हिमाः ।14 ।

Round pea aggravates vāta, is dry, water absorbent, sweet and cold[14].

(15)

White variety round pea

(śvetakalāya guṇāḥ / श्वेतकलाय गुणाः)

श्वेताः कलाया मधुराश्च शीताः पित्तापहा वातकराश्च हृद्याः ।15 ।

White variety of round pea is sweet, cold, alleviates pitta, aggravates vāta and is good for heart[15].

(16)

Black variety round pea

(kṛṣṇakalāya guṇāḥ / कृष्णकलाय गुणाः)

कृष्णाः कलायाः स्मृतिवातलाः स्युस्तुरङ्गमाणां च हिताः प्रदिष्टाः ।16 ।

Black variety of round pea enhances memory, aggravates vāta; is beneficial for horses[16].

(17)

Lentil

(masūra guṇāḥ / मसूर गुणाः)

मसूरो वातलः स्वादुर्ग्राही पित्तकफापहः ।17 ।

Lentil aggravates vāta, is sweet, water absorbent, and alleviates pitta and kapha[17].

(18)

Śira type pulse

(śiro guṇāḥ / शिरो गुणाः)

शिरो मसूरसदृशो वृष्यो बृंहण रोचनः ।18 ।

Śiro type masūra have similar effects to lentil, are aphrodisiac, impart nourishment and enhance taste[18].

(19)

Indian White Pea

(kalāya guṇāḥ / कलाय गुणाः)

श्लेष्मपित्तहरं ज्ञेयं कलायं वातलं विदुः ।19 ।

Indian White Pea (Kalāyaṃ) mitigates sleṣma and pitta, and aggravates vāta[19].

(20)

Cowpea

(rājamāṣa guṇāḥ / राजमाष गुणाः)

राजमाषो गुरू रूक्षोऽनिलकृच्च महाशकृत् ।20 ।

Cowpea (Rājamāṣa) is hard to digest, causes dryness, vitiates vāta and is purgative[20].

(21)

Black Cowpea

(kṛṣṇarājamāṣa guṇāḥ / कृष्णराजमाष गुणाः)

गुरुः कृष्णो राजमाषो कपपित्तहरस्सरः ।

क्षयरोगहरः पथ्यः संस्कारात्सर्वरोगजित् । ।21 । ।

Black Cowpea is hard to digest, mitigates kapha and pitta, cures tuberculosis; is laxative, wholesome and by processing with other drugs, aids in alleviating all diseases[21].

(22)

Red Cowpea

(raktavarṇarājamāṣa guṇāḥ / रक्तवर्णराजमाष गुणाः **)**

रक्तवर्णो राजमाषो बृंहणो बहुमूत्रविट् ।22 ।

Red colour Cowpea nourishes and increases the formation of urine and faeces[22].

(23)

Redgram

(āḍhakī guṇāḥ / आढकी गुणाः **)**

आढकी वातजननी कफपित्तविनाशनी ।

ग्रहणी ज्वरमेहासृक्पित्तातीसरहद्गुरु । ।23 । ।

Āḍhakī (toor dal, arhar dal, red gram dal, split pigeon pea) vitiates vāta, mitigates kapha and pitta, and is useful in relieving disorders of lower GIT, fever, polyuria, bleeding disorders, diarrhoea and is hard to digest[23].

(24)

White pigeon pea

(śvetāḍhakī guṇāḥ / श्वेताढकी गुणाः **)**

श्वेताढकी पित्तकफप्रशस्ता श्वेता रूक्षा ग्राहिणी मेहहन्त्री ।24 ।

White pigeon pea is beneficial in alleviating disorders of pitta and kapha, it is dry, water absorbent causing dry stools and pacifies polyuria[24].

(25)

Small pigeon pea

(sūkṣmāḍhakī guṇāḥ / सूक्ष्माढकी गुणाः **)**

सूक्ष्माढकी मेहहिता कषाया ज्वरातिसारेषु हिता च गुर्वी ।25 ।

Small variety of pigeon pea is effective in treating polyuria, fever, diarrhoea; astringent in taste and hard to digest[25].

(26)

Horse gram

(kulatthā guṇāḥ / कुलत्थ गुणाः **)**

कुलत्थाः कफवातघ्ना रक्तपित्तास्रकोपनाः ।

रूक्षोष्णा मधुरा गुल्मशूलघ्नाश्चाश्मरीहिताः । ।26 । ।

अर्शोघ्नाः पीनसश्वासकासहिध्माक्रिमिच्छिदः ।

अस्रपाकाः कषायाश्च शुक्रघ्ना दृष्टि दूषणाः । ।27 । ।

शोफं तथोदरं हन्युस्तीक्ष्णाः पाके विदाहिनः ।28 ।

Horse gram mitigates kapha and vāta, aggravates bleeding disorders and vitiates blood; is dry, hot, sweet and astringent in taste, sour after digestion, penetrating, causes burning sensation while undergoing digestion; useful in treating abdominal lump, colicky pain, nephrolithiasis, haemorrhoids, rhinitis, difficulty in breathing, cough, hiccup, worm infestation, oedema and ascites; hinders semen production and impairs vision[26-28].

(27)

Black horse-gram

(kṛṣṇakulattha guṇāḥ / कृष्णकुलत्थ गुणाः **)**

कृष्णाः कुलत्थाः श्वेतेभ्यो गुणैरभ्यधिका मताः ।

अष्ठीलगुल्मप्लीहघ्ना लघवोऽनिलजो मताः । ।29 । ।

Black horse-gram has more desirable qualities than the white variety; it cures prostatic enlargement, abdominal lump, and splenic disorders; it is easily digestible and vitiates vāta[29].

(28)

White horse-gram

(araṇyajakulattha guṇāḥ / अरण्यजकुलत्थ गुणाः **)**

श्वेताः कुलत्थाः कफघातिनस्तु पित्तास्रदा जन्तुहरा गुरूष्णाः ।30

White variety of horse gram alleviates kapha, aggravates bleeding disorders, removes worm infestation, hard to digest and is hot[30].

(29)

Wild horse-gram

(araṇyajakulattha guṇāḥaraṇyajakulattha guṇāḥ / अरण्यजकुलत्थ गुणाःअरण्यजकुलत्थ गुणाः **)**

अरण्यजाः कुलत्थाश्च अभिष्यन्दिविनाशनाः ।

शकृदुच्छेदिनश्चैता श्वूर्णीकृत्वाक्षिपूरणात् । ।31 । ।

अरण्यजाः कुलत्थाश्च अभिष्यन्दिविनाशनाः ।

शकृदुच्छेदिनश्चैता श्वूर्णीकृत्वाक्षिपूरणात् । ।31 । ।

Wild variety of horse-gram alleviate conjunctivitis (abhiṣyandi), helps relieve constipation (free passage of faeces), and

useful to fill the eyes (akṣipūraṇa) to address eye problems[31]. Wild variety of horse-gram alleviate conjunctivitis (abhiṣyandi), helps relieve constipation (free passage of faeces), and useful to fill the eyes (akṣipūraṇa) to address eye problems[31].

(30)

Dolichos bean Dolichos bean

(niṣpāva guṇāḥnișpāva guṇāḥ / निष्पाव गुणाःनिष्पाव गुणाः **)**

निष्पावः स्तन्यपित्तासृग्वातमूत्रकरस्सरः ।

विदाही शुक्रकृच्छोफ विषहृद्गौरवप्रदः । ।32 । ।

निष्पावः स्तन्यपित्तासृग्वातमूत्रकरस्सरः ।

विदाही शुक्रकृच्छोफ विषहृद्गौरवप्रदः । ।32 । ।

Dolichos beans increase the generation of breast milk, pitta, blood, vāta and urine; they are laxative, induce a burning sensation, improve semen production, relieve oedema, pacify poison and are hard to digest[32]. Dolichos beans increase the generation of breast milk, pitta, blood, vāta and urine; they are laxative, induce a burning sensation, improve semen production, relieve oedema, pacify poison and are hard to digest[32].

(31)

White dolichos beans White dolichos beans

(śvetaniṣpāva guṇāḥśvetaniṣpāva guṇāḥ / श्वेतनिष्पाव गुणाःश्वेतनिष्पाव गुणाः **)**

श्वेतनिष्पवकस्त द्वद्दुरुर्बृंणरोचनः ।33 ।

श्वेतनिष्पवकस्त द्वद्दुरुर्बृंणरोचनः ।33 ।

White dolichos beans have the same qualities as niṣpāva: hard to digest, impart nourishment and enhance taste[33]. White dolichos beans have the same qualities as niṣpāva: hard to digest, impart nourishment and enhance taste[33].

(32)

Red dolichos beans

(lohitaniṣpāva guṇāḥ / लोहितनिष्पाव गुणाः **)**

गुरुर्लोहित निष्पावो विषघ्नश्शोफनाशनः ।34 ।

Red varieties of flat beans are hard to digest, alleviating poison and oedema[34].

(33)

Black dolichos beans

(kṛṣṇaniṣpāva guṇāḥ / कृष्णनिष्पाव गुणाः **)**

तद्वच्च कृष्ननिष्पावो किञ्चित्स्वादुकषायकः ।

बल्यः पुष्टिकरश्चैव सरो गरकफापहः । ।35 । ।

The black variety of flat beans have the same characteristics as niṣpāva: slightly sweet and astringent in taste, impart strength and nourishment; laxative, pacify effect of chronic, insidious poisoning (garaviṣa) and vitiated kapha[35].

(34)

Sesame

(tila guṇāḥ / तिल गुणाः **)**

तिलो वर्णकरस्त्वच्यो बल्यः केश्योऽग्निकृद्गुरुः ।

अल्पमूत्रो हिमस्पर्शः पाके कटु च तिक्तकृत् । ।36 । ।

उष्णः कफहरो रुच्यो हितश्चोद्वर्तने परम् ।37 ।

Sesamum enhances complexion, is good for skin and hair, imparts strength and increases digestive fire, is hard to digest, hinders urine production, is cool in touch, pungent after digestion, bitter in taste, hot, alleviates kapha, improves taste and is good for using as a powder for massage of the body[36-37].

(35)

Red Sesame

(śoṇāstila guṇāḥ / शोणातिल गुणाः **)**

शोणास्तिला वातहरास्त्वच्याः पित्तकफापहाः ।38 ।

The red variety of Sesame alleviates vāta, pitta and kapha, which is beneficial for the skin[38].

(36)

Small Sesame

(sūkṣmatila guṇāḥ / सूक्ष्मतिल गुणाः **)**

तिलास्सूक्ष्माश्चराः केश्यास्त्वच्या वातप्रणशनाः ।

लेपे चोद्वर्तने मुख्याः स्पर्शे शीता बलप्रदाः । ।39 । ।

Minute, a small variety of sesame, is beneficial for hair and skin, alleviates vāta, is effectively used as a topical application and as a powder for massage, is cool to touch and imparts strength[39].

(37)

Black sesame

(kṛṣṇatila guṇāḥ / कृष्णतिल गुणाः)

तिलाः कृष्णा वातहराः कफपित्तप्रकोपनाः ।

देवताभ्यर्चने होमे चाऽभ्यवहृते तथा । ।40 । ।

Black sesame alleviates vāta and aggravates kapha and pitta, used for worship (arcana), sacrificial oblation for gods (homa) and offerings to departed ancestors (Arghya)[40].

(38)

Big sesame

(sthūlatilā guṇāḥ / स्थूलतिल गुणाः)

स्थूलास्तिलाः स्थौल्यकराः कृशानां त्वच्याश्च वर्ण्याः

कफपित्तकाश्च । ।41 । ।

Big sesame makes lean person obese, beneficial for skin, improves complexion, aggravates kapha and pitta[41].

(39)

White sesame

(śvetatila guṇāḥ / श्वेततिल गुणाः)

तद्वच्छ्वेततिलः प्रोक्तः कफपित्तकरो गुरुः ।42 ।

White sesame have the same properties(of regular sesame), vitiates kapha and pitta, and is hard to digest[42].

(40)

Wild sesame

(vanodbhavatila guṇāḥ / वनोद्भवतिल गुणाः)

वनोद्भवाः कृष्णतिलास्त्वच्याः श्वित्रविनाशनाः ।43 ।

The Wild variety of black sesame benefits the skin and effectively mitigates leucoderma[43].

(41)

Red linseed

(raktoma guṇāḥ / रक्तोम गुणाः)

रक्तोमा स्वादुतिक्तोष्णा कफपित्तकरा गुरु ।

दृक्शुक्रहृत्कटु पाके वातघ्नी सम्प्रकीर्तिता । ।44 । ।

Red linseed is sweet and bitter in taste, hot, aggravates kapha and pitta, hard to digest, diminishes vision, hinders semen production, pungent at the end of digestion and alleviates vāta[44].

(42)

Safflower

(kusumbhabīja guṇāḥ / कुसुम्भबीज गुणाः)

कफपित्तकरं स्वादु तद्वद्बीजं कुसुम्भजम् ।45 ।

The safflower seeds possess attributes similar to those of linseed: sweet, aggravating kapha and pitta[45].

(43)

White mustard

(śuklasarṣapa guṇāḥ / शुक्लसर्षप गुणाः)

कटुपाकरसस्तीक्ष्णो रूक्षोष्णः कफवातजित् ।46 ।

White mustard is pungent in taste and, after digestion, sharp, dry, and hot; it pacifies kapha and vāta[46].

(44)

Mustard

(siddhārthaka guṇāḥ / सिद्धार्थक गुणाः)

पित्तास्रकोपी सिद्धार्थः कफशुक्रानिलापहः ।47 ।

Mustard aggravates pitta and blood (rakta), alleviates kapha and vāta, and hinders semen production[47].

(45)

All grains, cereals

(sarvadhānya guṇāḥ / सर्वधान्य गुणाः)

सर्वं धान्यं नवं नित्यं नवमुद्गकरो हि सः ।

संवत्सरस्थितव्रीहिर्लघुः पथ्यतमो मतः । ।48 । ।

केचिदाचक्षते धान्यं पथ्यं श्रेष्ठं त्रिवार्षिकम् ।

षण्मासानन्तरं पथ्यं शिम्बिधान्यं प्रशस्यते । ।49 । ।

तत्र माषो वरः प्रोक्तश्शूकजेषु यवो वरः ।

शिम्बिधान्येषु सर्वेषु प्रवरो मुद्ग उच्यते । ।50 । ।

All fresh cereals are good. Rice, which is one year old, is easily digestible and considered wholesome. Some opine that three years old rice is the most wholesome. Legumes, pulses which are six months old are wholesome. Among pulses-black gram and sharp-awned grains (śūka dhānya)- barley are considered good. Among all legumes (śimbidhānya)- green gram is considered the best[48-50].

इति द्रव्यरत्नवल्यां शिम्बिधान्यवर्गस्समाप्तः

Thus ends the description of the Group of Legumes (Śimbidhānyavarga) in Dravyaratnāvali.

16. GROUP OF GRUEL, SOUPS

Atha peyādi vargamāha / अथ पेयादि वर्गमाह

Now, the description of the various types of gruels and soup.

(1)

Very thin cereal (rice) gruel

(maṇḍa guṇāḥ / मण्ड गुणाः)

वातानुलोमनो मण्डो हृद्यो दीपन पाचनः ।
अग्निसन्धुक्षणश्चेति स्रोतोमार्दवकृल्लघुः । ।1 । ।
धातुसाम्यकरो ग्लानितृष्णादोषज्वरापहः ।2 ।

Thin cereal gruel, generally rice gruel aids downward movement of vāta. It is good for heart, kindles appetite, improves digestion, stimulates digestive fire, causes softness of channels, easy to digest, maintains equilibrium of tissues, relieves fatigue, thirst, residues of doṣa and fever[1-2]. [liquid portion of rice prepared by adding 1 part rice and 14 part water which has the therapeutic properties of facilitating evacuation of flatus, relieves thirst, weakness, improving agni and softening of srotas.]

(2)

Cereal (rice) gruel

(peya guṇāḥ / पेय गुणाः)

कुक्षि रोगहरा बल्या तृष्णाग्लानिज्वरापहा ।
मलानुलोमनी पेया पथ्या दीपनपाचनी । ।3 । ।

Rice-gruel relieves diseases of the abdomen, thirst, fatigue (exhaustion) and fever; gives strength; helps easy elimination of faeces; is wholesome, kindles appetite and helps digestion) [3]. [Thin gruel of rice and its solid portion (siktha), which is easily digestible and thus increases agni; prepared by adding 14 parts of water and 1 part of broken rice, boiling well till all the rice particles become soft.]

(3)

Nut grass gruel

(mustādimaṇḍa guṇāḥ / मुस्तादिमण्ड गुणाः)

मुस्तादाडिमलाजाम्बुपित्तलानागरैश्शृतम् ।
मण्डस्तु दीपयत्यग्निं वायुं चाप्यनुलोमयेत् । ।4 । ।
मृदूकरोति स्रोतांसि स्वेदं सञ्जनयत्यपि ।
तृषापहो बलकरो धातु साम्यकरश्शिवः । ।5 । ।

Gruel prepared from nut grass (mustā), pomegranate (dāḍima), parched rice (lājā), Valak (aṁbu, hrīvera), pittalam (haritāla or bhūrjapatra), dry ginger (nāgara) increases digestive fire, causes downward movement of vāta, softens channels, induces perspiration, relieves thirst, maintains equilibrium of body tissues and is auspicious[4-5].

(4)

Thick gruel

(vilepi guṇāḥ / विलेपि गुणाः)

तृष्णाघ्नी ग्राहिणी हृद्या विलेपी वह्नि दीपनी ।
व्रणाक्षिरोगे दौर्बल्ये ज्वरे शुद्धे प्रशस्यते । ।6 । ।

Thick gruel relieves thirst, withholds discharge of fluids from the body, is good for the heart, kindles appetite, and is ideal to be given in ulcers, eye diseases, or weakness, in fever and in those who have undergone purificatory therapies[6].
[Rice gruel preparation having more solid portion compared to liquid; prepared by adding 4 parts of water and 1 part of broken rice and boiling till rice becomes soft.]

(5)

Weak decoction akin to thin gruel

(yavāgu guṇāḥ / यवागु गुणाः)

यवागूः श्लेष्मला प्रोक्ता द्रवा स्निग्धा गुरु सरा ।
अत्यम्बुपानदोषेषु शस्तमध्वाभिघातिषु । ।7 । ।

Weak decoction akin to thin gruel aggravates kapha, is liquid in consistency, unctuous, hard to digest, laxative, ideal to those suffering from ill effects of more water intake, more walking and of injuries[7]

(6)

Thin parched paddy gruel

(lājapeya guṇāḥ / लाजपेय गुणाः **)**

लाजपेया लघुतरा ग्राहिणी दाहनाशिनी ।

तृष्णामूर्छातिसारघ्नी स्फोटकज्वरमेहजित् । ।8 । ।

Thin gruel prepared with parched paddy is easy to digest, water absorptive, cures burning sensation, thirst, syncope, diarrhoea, bullae (sphoṭaka), fever and polyuria[8]. [Thin gruel prepared from parched grains SAT-H.40]

(7)

Green gram gruel

(mudgataṇḍulasaṁsiddhā peya guṇāḥ / मुद्गतण्डुलसंसिद्धपेय गुणाः **)**

मुद्गतण्डुलसंसिद्धा पेया तृष्णाज्वरापहा ।

पित्तज्वरे विशेषेण शस्ता रोचनशोधनी । ।9 । ।

Gruel made from green gram relieves thirst fever, especially fever due to vitiated pitta, enhances taste, and helps purify the body.[9].

(8)

Horse gram and rice gruel

(kulutthataṇḍulopetā śṛtā peya guṇāḥ / कुलुत्थतण्डुलोपेतश्रृतपेय गुणाः **)**

कुलत्थतण्डुलोपेता श्रृता पेयानिलापहा ।

वातज्वरहरा शस्ता मलानां चानुलोमनी । ।10 । ।

Gruel made from horse gram and rice alleviates vāta, fever due to vitiated vāta, and helps the elimination of faeces[10].

(9)

Fried paddy gruel

(bhṛṣṭataṇḍulasaṁsiddha peya guṇāḥ / भृष्टतण्डुलसंसिद्धपेय गुणाः **)**

भृष्टतण्डुलसंसिद्धा पेया पथ्यतमा लघु ।11 ।

Gruel made from fried paddy is very wholesome and easy to digest[11].

(10)

Rice and dry ginger gruel

(śuṇṭhītaṇḍulasaṁsiddhā peya guṇāḥ / शुण्ठीतण्डुलसंसिद्धपेय गुणाः **)**

शुण्ठीतण्डुलसंसिद्धा पेया श्लेष्मज्वरापहा ।12 । ।

Gruel made from rice and dry ginger alleviates fever induced by kapha[12].

(11)

Coriander seeds and rice gruel

(dhānyakataṇḍulasaṃsiddhapeya guṇāḥ / धान्यकतण्डुलसंसिद्धपेय गुणाः **)**

धान्यकतण्दुलैस्सिद्धा पेया पित्तज्वरापहा ।13 ।

Gruel made from coriander seeds and rice cures fever induced by pitta[13].

(12)

Country mallow and rice gruel

(balātaṇḍulasaṁsiddha peya guṇāḥ / बलातण्डुलसंसिद्धपेय गुणाः **)**

बलातण्डुलसंसिद्धा पेया वातज्वरापहा ।14 ।

Gruel, made from Country mallow roots (balā), and rice, cures fever caused by vitiated vāta[14].

(13)

Country mallow gruel-1

(balādhānyakataṇḍulasaṁsiddha peya guṇāḥ / बलाधान्यकतण्डुलसंसिद्धा पेय गुणाः **)**

बलाधान्यकसंसिद्धा पेया तण्डुलसाधिता ।

वातपित्तज्वरं हन्याद्भेदिनी दीपनी लघु । ।15 । ।

Gruel made from Country mallow roots (balā), coriander seeds, and rice alleviates fever induced by vāta and pitta, kindles appetite, easy to digest, breaks hard faeces and eliminates them[15].

(14)

Country mallow gruiel-2

(balādhānyakaviśvataṇḍula peya guṇāḥ / बलाधान्यकविश्वतण्डुल पेय गुणाः **)**

बलाधान्याकविश्वैश्च पेया तण्डुलसाधिता ।

दोषत्रयसमुद्भूतं ज्वरं हन्ति विशेषतः । ।16 । ।

Another soup made from country mallow roots (balā), coriander seeds, dry ginger, and rice relieves fever caused by tridoṣas[16]

(15)

Adulsa gruel

(vāsādipeya guṇāḥ / वासादिपेय गुणाः)

वासापुष्पलतोपेता पेया तण्डुलसाधिता ।

सन्निपातज्वरं हन्यादभिन्यासं विशेषतः । ।17 । ।

Gruel made from flowers and climbers of vāsa and rice cures fever caused by tridoṣa[17].

(16)

Dry ginger gruel

(nāgarādipeya guṇāḥ / नागरादिपेय गुणाः)

नागरातिबलायुक्ता साधिता भृष्टतण्डुलैः ।

शीतज्वरहरा शस्ता पेया स्रोतोविशोधनी । ।18 । ।

Gruel made from dry ginger (nāgara), Indian mallow (atibala), and fried rice alleviates fever with chills, is wholesome and cleanses channels[18].

(17)

Fever nut tender leaf gruel

(yakṣadṛkpallavopetapeya guṇāḥ / यक्षदृक्पल्लवोपेतपेय गुणाः)

यक्षदृक्पल्लवोपेता पेया तण्डुलसाधिता ।

शीतज्वरे प्रशस्ता च कम्पयुक्ते विशेषतः । ।19 । ।

Gruel made from tender leaves of fever nut (yakṣa, latākarañja) and rice effectively treats fever with chills, particularly associated with tremors [19]

(18)

Five spice gruel

(pañcakolaśṛtapeya guṇāḥ / पञ्चकोलश्रृतपेय गुणाः)

पञ्चकोलश्रृता पेया दीपनी पाचनी लघु ।

श्लेष्मवातप्रशमनी मन्दाग्नौ च प्रशस्यते । ।20 । ।

Gruel made from five pungents (pañcakola) kindles appetite, improves digestion, is easy to digest, alleviates kapha and vāta, and enhances diminished digestive fire[20].

(19)

Six ingredient gruel

(ṣaḍaṅgavāripeya guṇāḥ / षडङ्गवारिपेय गुणाः)

शुण्ठीघनाम्बुश्रीखण्दचव्यपर्पटसाधिता ।

पेया पित्तज्वरं हन्ति दाहज्वरमपि क्षणात् । ।21 । ।

Gruel made from śuṇṭhi, ghanāṁbu (fermented rice gruel), srikhanda (candana), chavya, parpāṭaka relieves fever induced by pitta and fever with burning sensation instantaneously[21].

(20)

Preparation of peya (gruel)

(peyapākavidhiḥ / पेयपाकविधिः)

औषधं पलमादाय तण्डुलं प्रसृतं तथा ।

जलाढकविपाच्यं स्यात्पादशेषं प्रकल्पितम् । ।22 । ।

एष पेयाक्रमः प्रोक्तः सर्वत्र भिषगुत्तमैः ।23 ।

The method of preparation of gruel (peya), as narrated by good physicians, is as follows. 48 gms (pala) of drugs and 96gms (prasṛta) of rice are boiled in one 3300 ml (āḍhaka) of water till one-fourth of it is remaining[22-23].

(21)

Four types of gruel

(caturvidhapeya lakṣaṇāḥ / चतुर्विधपेय लक्षणाः)

मण्डः स्वच्छतरः प्रोक्तःपेया सिद्धान्विता भवेत् ।

बहुसिद्धा विलेपी स्याद्यवागूर्विरलद्रवा । ।24 । ।

Manda-type of gruel is very transparent (clear). Peya-type gruel is transparent fluid. Vilepi-type gruel is made with many drugs. Yavāgu-type gruel has more liquid and is thin[24].

इति द्रव्यरत्नावल्यां पेयादिवर्गः समाप्तः

Thus it ends the description of the group of gruels/soups in Dravyaratnāvali.

17. COOKED FOOD GROUP

Odana vargamāha / ओदन वर्गमाह

Now, the description of the group of various types of cooked rice/food.

(1)

All varieties of cooked rice

(sarvaśālyodana guṇāḥ / सर्वशाल्योदन गुणाः)

सर्वशाल्योदनं रुच्यं सन्निपातहरं परम् ।
चक्षुष्यं दीपनं हृद्यं स्थैर्यशुक्लविवर्धनम् । ।1 । ।
पथ्यं तृष्णाप्रशमनं वर्ण्यं मूत्रकरं लघु ।2 ।

All varieties of cooked rice enhance taste and alleviate fever caused by vitiation of all the three doṣa, good for eyes, kindle appetite, good for the heart, impart firmness and improve semen are wholesome, relieve thirst, enhance complexion, increase formation of urine and easy to digest[1-2].

(2)

Cooked large rice

(sthūlavrīhyodana guṇāḥ / स्थूलव्रीह्योदन गुणाः)

स्थूलव्रीह्योदनं रुच्यं तीव्राग्नीनां हितं मतम् ।
बल्यं हृद्यतमं वृष्यं बृंहणं धातुवर्धनम् । ।3 । ।

Large-size rice (sthūlavrīhi) is tasty, healthy for those with strong digestive power, increases strength, is excellent for the heart, acts as an aphrodisiac, imparts nourishment and helps grow body tissues[3].

(3)

large size rice (harvested in three and a half months)

(sthūlavrīhyodana guṇāḥ / स्थूलव्रीह्योदन गुणाः)

स्थूलव्रीह्योदनं रुच्यं तीव्राग्नीनां हितं मतम् ।
बल्यं हृद्यतमं वृष्यं बृंहणं धातुवर्धनम् । ।3 । ।

Large-size rice (sthūlavrīhi) is tasty, healthy for those with strong digestive power, increases strength, is excellent for the heart, acts as an aphrodisiac, imparts nourishment and helps grow body tissues[3].

(4)

Cooked rice harvested in three and a half months

(sārthatrimāsaphalita vrīhi guṇāḥ / सार्धत्रिमासफलितव्रीहि गुणाः)

सार्धत्रिमासफलितव्रीह्यन्नं वातपित्तजित् ।
स्निग्धं वृष्यतमं बल्यं सृष्टविण्मूत्रदीपनम् । ।4 । ।

Rice cooked from paddy yielded in three and half months alleviates vāta and pitta, is unctuous, is an excellent aphrodisiac, promotes strength, aids easy elimination of faeces and urine and kindles appetite[4].

(5)

Cooked red rice

(śoṇavrīhyodana guṇāḥ / शोणव्रीह्योदन गुणाः)

शोणव्रीहिभवं चान्नं हृद्यं पाचन दीपनम् ।5 ।

Cooked red rice is healthy for the heart, improves digestion and kindles appetite[5].

(6)

Cooked black rice

(kṛṣṇavrīhyodana guṇāḥ / कृष्णव्रीह्योदन गुणाः)

कृष्णव्रीह्युद्भवं चान्नं लघु श्लेष्महरं परम् ।
निहन्ति पवनोद्रेकं रक्तपित्तमपि क्षणात् । ।6 । ।

Rice cooked from black paddy is easily digestible, alleviates śleṣma, aggravates vāta and promptly triggers epistaxis[6].

(7)

Pakṣa vrīhi odana

(pakṣavrīhyodana guṇāḥ / पक्षव्रीह्योदन गुणाः)

पक्षव्रीहिभवं चान्नं हृद्यं दीपनपाचनम् ।
सुगन्धि मधुरं श्रेष्ठं हिमं रुच्यं च तत्सरम् । ।7 । ।

Cooked rice of pakṣa vrīhi is good for the heart, kindles appetite, improves digestion, has a pleasant aroma, is sweet, best of all, cold, tasty and laxative. (Perhaps paddy resembling the shape of the wings of a bird could be Pakṣa vrīhi) [7].

(8)

Cooked from one-year old rice grain

(saṁvatsarasthitavrīhyodana guṇāḥ / संवत्सरस्थितव्रीह्योदन गुणाः **)**

संवत्सरस्थितव्रीहिकृतमन्नं त्रिदोषहृत् ।**8** ।

Rice cooked from one-year old grains alleviates tridoṣas[8].

(9)

Rice cooked from three-year old grain

(trivarṣasthitavrīhyodana guṇāḥ / त्रिवर्षस्थितव्रीह्योदन गुणाः **)**

त्रिवर्षव्रीहिजनितमुत्तमोत्तममिष्यते ।**9** ।

Rice cooked from three year old grains is best of the best[9].

(10)

Cooked rice

(sāmānyavrīhyodana guṇāḥ / सामान्यव्रीह्योदन गुणाः **)**

लघु पथ्यतमं हृद्यं सर्वामयहरं परम् ।**10** ।

Normal cooked rice is easy to digest, wholesome, good for the heart and effective in alleviating all diseases[10].

(11)

Thoroughly washed and cooked rice

(samyakdhautavrīhyodana guṇāḥ / सम्यक्धौतव्रीह्योदन गुणाः **)**

सम्यग्धौतः प्रसृतस्साधुपक्वः सन्त्यक्तोष्णश्चौदनोऽसौ लघीयान् ।

आग्नेयानामौषधानां कषायैः स्निग्धं भृष्टं तण्डुलैस्साधितं च ।।**11** ।।

Cooked rice (odana) prepared with the grains which are well washed, cooked and strained, and which is devoid of hot fumes is easily digestible; Odana prepared with the decoctions of medicinal drugs which increase digestive fire, fried grains and added with fatty materials is also easily digestible[11].

(12)

Cooked rice which is difficult to digest

(gurvodana guṇāḥ / गुर्वोदन गुणाः **)**

एतेभ्यो यच्चान्यथा दोषमन्यत् क्षीरैर्मांसैस्साधितं तद्गुरुस्स्यात् गव्यैर्योगैः..... दिभिश्च सर्वं ब्रूयादन्नजातं विशेषात् । ।**12** । ।

Cooked rice (odana) made with the opposite of afore said characteristics aggravate doṣas. That prepared with the addition of milk and meat is hard to digest and that prepared by adding cow milk, curd, etc, is best[12].

(13)

Over-cooked and under-cooked rice

(odanasya vividhapakvāvastha guṇāḥ / ओदनस्य विविधपक्वावस्थ गुणाः **)**

तत्रापि पक्वमनलापह मित्यपक्वं दुःखेन जीर्यति तनोति च कुक्षिशूलम् ।**13** ।

Over cooked rice which becomes soft suppresses the digestive fire. Improperly cooked rice takes long time to digest and causes abdominal pain[13].

(14)

Partially cooked rice

(pakvāpakvodanasya guṇāḥ / पक्वापक्वोदनस्य गुणाः **)**

एकदेशे विपक्वं यदपक्वं चैकदेशतः ।

तच्त्रिदोषकरं ज्ञेयं गुरु दुर्जरमग्निहृत् । ।**14** । ।

Rice cooked on one side and uncooked on the other aggravates tridoṣas, is hard to digest, takes a long time, and diminishes the digestive fire[14].

(15)

Very hot cooked rice

(atyuṣṇodana guṇāḥ / अत्युष्णोदन गुणाः **)**

अत्युष्णमन्नं तृड्दाहमूर्छानेत्रामयभ्रमान् ।

करोति गुरु विष्टम्भि बलकृत्पित्तवर्धनम् । ।**15** । ।

Cooked rice, which is extremely hot, induces thirst, burning sensation, syncope, ophthalmic diseases and giddiness. It is hard to digest, constipating, improves strength and aggravates pitta[15].

(16)

Cooked Red Jawar meal

(raktavarṇoddālakaudana guṇāḥ / रक्तवर्णोद्दालकौदन गुणाः **)**

रक्तवर्णोद्दालकान्नं वर्णदीप्तिकरं सरम् ।**16** ।

Eatables cooked with Red Jowar (raktavarṇoddālaka) improves complexion and is laxative[16].

(17)

Taṇḍuloddālakānnaṃ

(taṇḍuloddālakaudana guṇāḥ / तण्डुलोद्दालकौदन गुणाः)

तण्डुलोद्दालकान्नं तु बृंहणं मधुरं लघु ।17 ।

Eatables made from Visakha joawar impart nourishment are sweet and easy to digest[17].

(18)

Eatables made from all varieties of jowar

(sarvoddālakodana guṇāḥ / सर्वोद्दालकौदन गुणाः)

उद्दालकान्नं पवनप्रकोपनं करोति शीतं बलमातनोति ।

सन्तर्पणं पित्तमपि क्षिणोति दुर्नामगुल्मादिषु

जातनिष्टम् । ।18 । ।

Eatables made from all varieties of Jawar aggravate vāta, cold, improve strength, give satiation, alleviate pitta, haemorrhoids and abdominal lump[18].

(19)

Cooked Kaṅgu

(kaṅgvodana guṇāḥ / कङ्ग्वोदन गुणाः)

कङ्ग्वन्नं पित्तकारि स्यात्पवनस्य विजृंभणम् ।

जठराग्निं च कुरुते विशेषाद्धातुशोषणम् । ।19 । ।

Eatables made of Kaṅgu aggravate pitta and vāta, stimulate digestive fire and cause emaciation of bodily tissues[19].

(20)

Cooked Priyaṅgu

(priyañgvodana guṇāḥ / प्रियङ्ग्वोदन गुणाः)

बृंहणं च प्रियङ्ग्वन्नं सुस्वादु सकषायकम् ।

करोति पवनोद्रेकं गुरुपित्तहरं विदुः । ।20 । ।

Eatables made from priyaṅgu impart nourishment, are very sweet along with an astringent taste, aggravate vāta, alleviate pitta and are hard to digest[20].

(21)

Cooked Kodrava

(kodravaudana guṇāḥ / कोद्रवौदन गुणाः)

स्पर्शशीतं विषहरं ग्राहि स्यात्कोद्रवौदनम् ।21 ।

Recipes based on Kodrava are cold to touch, remove poison and are water absorbent[21].

(22)

Cooked Śyāmāka

(śyāmākaudana guṇāḥ / श्यामाकौदन गुणाः)

श्यामाकान्नं शीतलं वातकारि श्लेष्मघ्नं

स्यात्पित्तहृल्लघिष्ठम् ।22 ।

Recipes prepared from Śyāmāka aggravate vāta, alleviate kapha and pitta and are very easy to digest[22].

(23)

Cooked varaka

(varakaudana guṇāḥ / वरकौदन गुणाः)

वातकृद्वारयत्यग्निं वरकान्नमसारवत् ।

ग्राहि रूक्षं तु कुरुते धातूनामपि शोषणम् । ।23 । ।

Recipes made from varaka aggravate vāta, diminish digestive fire, are devoid of nutrients, water absorbent, dry and induce emaciation of tissues[23].

(24)

Cooked jalakaṅgu

(jalakañgvodana guṇāḥ / जलकङ्ग्वोदन गुणाः)

जलकङ्ग्वन्नमनिलपित्तकृद्गुरु शीतलम् ।24 ।

Eatables made of jalakaṅgu aggravate vāta, pitta, are hard to digest and are cold[25].

(25)

Cooked wheat grain

(godhūmaudana guṇāḥ / गोधूमौदन गुणाः)

गोधूमान्नं तु मधुरं वातपित्तहरं परम् ।

सन्धानकारि हृष्यं च शीतं स्निग्धं गुरुस्सरम् । ।25 । ।

Cooked wheat are sweet, alleviate vāta and pitta effectively, aid union of fractured bones, etc, give happiness, are cold, unctuous, hard to digest and laxative[26].

(26)

Cooked barley

(yavaudana guṇāḥ / यवौदन गुणाः)

रूक्षं यवान्नं गुरु शीतवीर्यं स्वादु स्थिरत्वं कुरुते तनोश्च ।

सरं सकृद्वातकरं कफघ्नं पुंस्त्वं विधत्ते विनिहन्ति

मेहान् । ।26 । ।

सपीनसश्वासगलामयादीन् त्वग्दोषपित्त प्रभवांश्च रोगान् ।

कासोरुसंस्तम्भकरं विजृम्भणं निवारणायेति वदन्ति तज्ज्ञाः ।।27।।

Eatables made from yava are dry, hard to digest, cold in potency, sweet in taste, give stability to the body, laxative, increase formation of faeces and flatus, aggravation of vāta, alleviate kapha, improve virility, relieve polyuria, inhibit aggravation of diseases like rhinitis, difficulty in breathing, disorders of throat, skin ailments, disorders due to pitta, cough and stiffness of thighs as told by experts in this field[26-27].

(27)

Cooked bamboo rice

(veṇuyavaudana guṇāḥ / वेणुयवौदन गुणाः **)**

यवादि षड्गुणैर्हीनो रूक्षं वेणुयवौदनम्।

किञ्चिद्दीपनमुष्णं स्याद्वातपित्तप्रकोपनम्।।28।।

Cooked bamboo rice has fewer desirable qualities than above, is dry, kindles appetite, is hot, and aggravates vāta and pitta[28].

(28)

Cooked nīvārā

(nivāraudana guṇāḥ / निवारौदन गुणाः **)**

नीवारान्नम् रक्तपित्तं निहन्यादग्नेर्वृद्धिं जाठरस्यातनोति।

लघ्वीत्युक्तं पाचने च प्रशस्तं शान्तौ होमे देवतार्थे व्रते च।।29।।

Nīvārānnam alleviates epistaxis, enhance digestive fire, easy to digest, improves digestion, ideal to be used in Śānti karma, homa and devatā kārya[29].

(29)

Cooked Kumudā

(kumudaudana guṇāḥ / कुमुदौदन गुणाः **)**

कुमुदान्नं गुरुतरं सकषायं प्रमेहनुत्।30।

Kumudānnaṃ is very hard to digest, it is astringent and alleviates diabetes. [Kumudānnaṃ may eatables made from Kumuda (water lily), a variety which is slightly small in size] [30].

(30)

Recipes made from Dhānyāmla

(dhānyāmlasādhitaudana guṇāḥ / धान्याम्लसाधितौदन गुणाः **)**

धान्याम्लसाधितं चान्नं दीपनं कफपित्तकृत्।31।

Eatables made from dhānyāmla kindle appetite aggravate kapha and pitta[31].

(31)

Rice cooked without draining water

(aniḥsṛtodana guṇāḥ / अनिःसृतोदन गुणाः **)**

अनिःसृतं यदन्नं च बल्यं पुष्टिकरं गुरु।32।

Aniḥsṛta annaṃ (rice cooked without draining water) provides strength, imparts nourishment, and is hard to digest[32].

(32)

Rice cooked with Śukta

(śuktasādhitodana guṇāḥ / शुक्तसाधितोदन गुणाः **)**

शुक्तसाधितमप्यन्नं सान्द्रं गुरुबलासकृत्।33।

Rice cooked with Śukta is hard to digest, aggravates kapha[33].

(33)

Rice cooked with butter milk

(śuktapiṣṭasāditaudana guṇāḥ / शुक्तपिष्टसादितौदन गुणाः **)**

पाचितं शुक्त पिष्टाभ्यां किञ्चित्सान्द्रं कफप्रदम्।

क्षुत्तृन्निवारणं सद्यो रक्तपित्तविकारनुत्।।35।।

Porridge made from Śukta and flour is thick/dense, aggravates kapha, and alleviates hunger, thirst and epistaxis[35].

(34)

Rice prepared with śukta piṣṭa

(takrasādhitaudana guṇāḥ / तक्रसाधितौदन गुणाः **)**

तक्रसाधितमप्यन्नं ग्रहणी दीपनं परम्।

पित्तलं रोचनं ग्राहि गर्भिणीनां परं प्रियम्।।34।।

Rice cooked with buttermilk effectively activates grahaṇi (duodenum and lower gastrointestinal tract), aggravates pitta, enhances taste water absorbent and is admired by pregnant women[34].

(35)

Rice prepared with gavedhuka piṣṭa

(gavedukapiṣṭasādhitaudana guṇāḥ / गवेधुकपिष्टसाधितौदन गुणाः)

गवेधुकापिष्टविपाचितं यद्भुक्त्वा लघुस्थौल्यहरं च मर्शनम् ।36 ।

Intake of soup made from gavedhuka flour is easy to digest, treats obesity and Marshanam.??? (Gavedhuka means wild Godhuma) [36].

(36)

Porridge made from Śukta, flour of viśira

(śuktaviśirapiṣṭasādhitaudana guṇāḥ / शुक्तविशिरपिष्टसाधितौदन गुणाः)

पाचितं शुक्तविशिर पिष्टाभ्यां पित्तप्कोपनम् ।
कुर्याच्छिरोभ्रमं काश्र्ये न शस्तं देहिनां हितम् । ।37 । ।

Porridge made from Śukta, flour of viśira, aggravates pitta, causes giddiness, not advisable for lean persons otherwise wholesome[37].

(37)

Rice kept standing over-night

(ekarātroṣitaudana guṇāḥ / एकरात्रौषितौदन गुणाः)

एकरात्रोषितं चान्नं मधुरम् पित्तनाशनम् ।
निद्राजाड्यकरं बल्यं वातश्लेष्मकरं गुरु । ।38 । ।

Cooked rice kept overnight is sweet, alleviates pitta, induces sleep and laziness, improves strength, aggravates vāta and kapha and is hard to digest[38].

(38)

Cooked rice immersed in water

(ambunikṣiptavrīhyaudana guṇāḥ / अम्बुनिक्षिप्तव्रीह्यौदन गुणाः)

तदेव चाम्बु निक्षिप्तमनेकदिवसेषु यत् ।
तत्पित्तशमनं चाम्लं गरीयो विषक्रुद्विमम् । ।39 । ।

The same rice preserved in water for many days alleviates pitta, is sour, hard to digest, similar to poison and is cold[39].

(39)

Pakāla bhātu

(pakāla bhātu / पकाल भातु)

रात्रावुष्णोदनं तोये निक्षिप्य नवमृद्घटे ।
अनावरणदेशस्थं हिमं शीतांशुशीतलम् । ।40 । ।
प्रातर्भुक्तं जयेत्पित्तं दाहतृष्णास्त्रपित्तहृत् ।41 ।

Hot rice cooked at night, kept in new mud-pot submerged in water placed outside (a place without covering) is called as pakālabhātu (Odissi term). It is cold, made cool by rays of the moon. Intake of this early morning pacifies pitta, burning, thirst and epistaxis[40-41].

(40)

Stale rice or spoilt rice

(vikṛtigataudana guṇāḥ / विकृतिगतौदन गुणाः)

विकृतिं गतमन्नं तु दोषलं पित्तकृद्गुरु ।42 ।

Stale rice or spoilt rice vitiates doṣas, aggravates pitta and is hard to digest[42].

(41)

Cakes and flour, obtained after the oil extraction

(pinyāka guṇāḥ / पिण्याक गुणाः)

पिण्याकभुक्तं बलहृत्प्रमेह वातापहं दुर्जरमग्निसादम् ।43 ।

Intake of flour which remains after extraction of oil, impairs strength, pacifies vāta and polyuria, takes long time to digest and diminishes digestive fire[43].

(42)

Rice cooked with meat

(māṁsasiddhaudana guṇāḥ / मांससिद्धौदन गुणाः)

अत्यन्तबृंहणं स्निग्धं मांससिद्धौदनं गुरु ।44 ।

Rice cooked with meat is extremely nourishing, unctuous and hard to digest[44].

(43)

Rice cooked with turmeric

(haridrāmilitaudana guṇāḥ / हरिद्रामिलितौदन गुणाः)

हरिद्रामिलितं चान्नमुष्णं वातकफावहम् ।45 ।

Rice mixed with turmeric is hot; aggravates vāta and kapha[45].

(44)

Rice, milk and jaggery sweet dish

(pāyasaudana guṇāḥ / पायसौदन गुणाः **)**

पायसं बलकरं सुबृंहणं पुष्टिदं प्रदरशुक्रवर्धनम् ।

रोचनं गुरुतरं कफकृत्स्यात् वातपित्तशमनं मनोहरम् । ।46 ।

Pāyasaṃ (rice processed with milk and jaggery etc.) improves strength, good for stoutening, imparts nourishment, triggers menorrhagia and improves semen formation, enhances taste, very hard to digest, aggravates kapha, alleviates vāta and pitta; pleasing to mind[46].

(45)

Pāyasam prepared with one fourth concentrated milk

(pāda śeṣa śrutakṣira pācita pāyasa guṇāḥ / पादशेष श्रृतक्षीर पाचित पायस गुणाः **)**

पादशेष श्रृतक्षीरे पाचितं पयसं गुरु ।47 ।

Pudding is made by boiling milk till one-fourth is hard to digest[47].

(46)

Wheat flour pāyasam

(godhūma piṣṭa sādhita pāyasa guṇāḥ / गोधूमपिष्टसाधित पायस गुणाः **)**

गोधूमपिष्टसारेण साधितं पयसं च यत् ।

वातपित्तहरं वृष्यं सृष्ट विट्कं बलासकृत् । ।48 । ।

Pāyasaṃ, made with the essence of wheat flour or broken wheat grains, alleviates vāta and pitta; is aphrodisiac, aids in the elimination of faeces, and aggravates kapha[48].

(47)

Pāyasam with wheat semiya

(godhūma-piṣṭa-vikṛti-sādhita-pāyasa guṇāḥ / गोधूमपिष्टविकृतिसाधित पायस गुणाः **)**

गोधूमपिष्टविकृतिसाधितं पायसं च यत् ।

वातपित्तहरं वृष्यं बल्यं तत्सृष्टमूत्रविट् । ।49 । ।

Pāyasaṃ prepared with substances (Sevae) made from wheat flour alleviates vāta and pitta, is aphrodisiac, improves strength, and helps in the easy elimination of faeces and urine[49].

(48)

Pāyasam made of sugar cane juice

(ikṣu svarasasādhita pāyasa guṇāḥ / इक्षुस्वरससाधित पायस गुणाः **)**

इक्षुस्वरसनिष्पन्नं पायसं त्वतिबृंहणम् ।

विदाहि गुरु विष्टम्भि वातपित्तविनाशनम् । ।50 । ।

Pāyasaṃ prepared with sugarcane juice promotes excess nourishment, triggers burning sensation, is hard to digest, causes constipation, and alleviates vāta and pitta[50].

(49)

Pāyasam made of pārāvata phala

(pārāvataphalasādhita pāyasa guṇāḥ / पारावतफलसाधित पायस गुणाः **)**

पारावतफलोद्भूतं पायसं कफकृद्गुरु ।51 ।

Pāyasaṃ made from pārāvata phala, aggravates kapha and is hard to digest[51].

(50)

Porridge made from milk

(suślakṣṇakṣīrapiṣṭādhisādita pāyasa guṇāḥ / सुश्लक्ष्णक्षीरपिष्टादिसाधित पायस गुणाः)

सुश्लक्ष्णक्षीरपिष्टाभ्यां विलेपीवत्प्रसाधितम् ।

सघृतं शर्करोपेतं बृंहणं बलकृद्गुरु ।52 ।

Porridge made from very unctuous milk, flour, ghee and sugar, cooked like vilepī increases strength, promotes nourishment and is hard to digest[52].

(51)

Banana śikhari

(kadalīphalādi śikhari guṇāḥ / कदलीफलादि शिखरि गुणाः **)**

कदलीफल संसिद्धमीषत्पिष्टयुतं तथा ।

घृतक्षीरेण संसिद्धं वातपित्तहरं गुरु । ।53 । ।

Eatable made from banana, flour, ghee and milk is known as śikhari. It alleviates vāta and is longer to digest[53].

(According to the reference cited in Stri Dharma Ratna Bhāndāgāra, śikhari is a dish made with well-strained curd, honey, ghee, etc, added with aromatic drugs like cardamom, etc.)

(52)

Dishes made from old rice

(baddhānna guṇāḥ / बद्धान्न गुणाः)

बद्धान्नं त्वपरं परं रुचिकरं पित्तापहं बृंहणम् ।
बल्यं मेहहरं गलामयकरं सश्वासकासप्रदम् । ।55 । ।
चक्षुष्यं नच मूत्रकृच्छ्रशमनं शुक्लामशूलप्रदम्
बालापीनसकृत्प्रसेकजननं यात्रार्थिनां चार्थदम् । ।56 । ।

Baddhānnaṃ is extremely tasty, alleviates pitta, imparts nourishment, promotes strength, pacifies polyuria, triggers disorders of throat, difficulty in breathing, cough, disorders of semen and sperm, indigestion, colicky pain, rhinitis and salivation; not healthy for eyes, doesn't relieve dysuria, gives satiation to travellers[55-56].

(53)

Baddhānnaṃ

(baddhānna guṇāḥ / बद्धान्न गुणाः)

बद्धान्नं त्वपरं परं रुचिकरं पित्तापहं बृंहणम् ।
बल्यं मेहहरं गलामयकरं सश्वासकासप्रदम् । ।55 । ।
चक्षुष्यं नच मूत्रकृच्छ्रशमनं शुक्लामशूलप्रदम्
बालापीनसकृत्प्रसेकजननम् यात्रार्थिनां चार्थदम् । ।56 । ।

Baddhānnaṃ is extremely tasty, alleviates pitta, imparts nourishment, promotes strength, pacifies polyuria, triggers disorders of throat, difficulty in breathing, cough, disorders of semen and sperm, indigestion, colicky pain, rhinitis and salivation; not healthy for eyes, doesn't relieve dysuria, gives satiation to travellers[55-56].

(*)

Variant text

(granthāntare / ग्रन्थान्तरे)

बद्धान्नं मधुरं स्निग्धं वातलं कफवर्धनम् ।
रक्तपित्तहरं चैव गुरुविष्टम्भि च स्मृतम् । ।57 । ।

Baddhānnaṃ is sweet, unctuous, aggravates vāta and kapha, alleviates bleeding disorders, hard to digest, causes constipation[57].

(54)

Dry food

(rūkṣānnaguṇāḥ / रूक्षान्नगुणाः)

करोति रूक्षं बलवर्णनाशनं त्वग्रूक्षतां वातशकृन्निरोधि ।58 ।

Dry foods induce dryness, impair strength and complexion, cause roughness of skin, obstruct vāta and faeces[58].

(55)

Oil rich cooked food

(atisnigdhāhāra guṇāḥ / अतिस्निग्धाहार गुणाः)

स्निग्धं त्वतिश्लेष्मचयप्रसेक हृद्गौरवालस्यरतिप्रणाशम् ।59 ।

Eatables with more oil aggravate accumulation of kapha, sialorrhea, heaviness in heart, induce laziness and decrease the desire of sex[59].

(56)

Food collected from alms

(bhikṣānnaguṇaṃ / भिक्षान्नगुणं)

भिक्षाशनं गुरु स्निग्धं नानाविधमनग्निकृत् ।
कासपीनसरोगांश्च मर्त्यानां न प्रशस्यते । ।60 । ।

Food lent from others (Bhikṣānna) is hard to digest, unctuous, is of different types, doesn't stimulate digestive fire, and is not advisable to persons suffering from cough and rhinitis[61].

(57)

Food cooked with ghee

(ājyānvitānna guṇāḥ / आज्यान्वितान्न गुणाः)

आज्यान्वितान्नं वितनोति पुष्टिं कान्तिप्रदं दीपनपाचनं च ।
पथ्यं सदा पित्तविकारभाजां बुद्धिप्रदं लोचनयोर्हितं स्यात्
। ।61 । ।

Foods added with ghee impart nourishment, complexion, kindle appetite, improve digestion, always wholesome for those suffering from disorders of pitta, improve intellect and is healthy for eyes[61].

(58)

Food cooked with oil

(tailānvitānna guṇāḥ / तैलान्वितान्न गुणाः)

तैलेनान्वितमन्नमाहुरधिकं कायाग्निसन्दीपनम् ।
पित्तस्योन्नतिदायकं पवनजिन्नीरन्ध्रपुष्टप्रदम् । ।62 । ।

मेदोघ्नं भलकृत्प्रमेहिषु हितं सश्वासकासप्रदम्
केश्यं बद्धमलं दृगामयकरं पथ्यं सदा सात्म्यकम् ।।63।।

Foods prepared with oil increase digestive fire in the body, aggravate pitta, relieve vāta, impart nourishment, reduce fatty tissue, improve strength, effective in pacifying diabetes, trigger difficult breathing, cough and eye diseases; improve hair growth, causes constipation, always wholesome and habituated[62-63].

(59)

Food cooked with milk

(kṣīramiśritānna guṇāḥ / क्षीरमिश्रितान्न गुणाः)

हृद्यं क्षीरविमिश्रितान्नमसकृत्पुष्णाति पुष्टिं तनोः ।
आह्लादैकनिकेतनं पवनजित्पैत्यामयेषूचितम् ।।64।।
किञ्चिच्छ्लेष्मकरं प्रशस्तमधिकं काश्र्यं गते मानवे ।
तद्वद्बालकवृद्धयोर्वितनुते शुक्रस्य दोषापहम् ।।65।।

Foods processed with milk are good for heart, impart nourishment to the body, the one thing which causes joy to the mind, alleviate vāta, effective in disorders of pitta, slightly vitiate kapha, healthy for those who are extremely emaciated. In the same way cure diseases of semen and sperm in children and aged persons[64-65].

(60)

Food prepared with curd

(dadhyanna guṇāḥ / दध्यन्न गुणाः)

दध्यन्नं कफपित्तकोपजननं बल्यं परं बृंहणम् ।
मेदस्यं गुरु जाठरस्य दहनस्यादौ नयेन्मन्दताम् ।।66।।
पथ्यं नैव भवेन्नृणां रुचिपदं स्याद्भस्मकध्वंसनम् ।
ग्राह्युष्णं विनिहन्ति मारुत ततिं रोचिष्णु जाड्यप्रदम् ।।67।।

Foods prepared with curd aggravate kapha and pitta, impart strength, extremely nourishing, generate fat, hard to digest, stimulate diminished digestive fire, unwholesome, enhance taste, relieve Bhasmaka roga (excess hunger), are water absorbent, hot, alleviate all disorders due to vāta, tasty and induce laziness[66-67].

(61)

Food soaked in buttermilk

(takrapariplutānna guṇāḥ / तक्रपरिप्लुतान्न गुणाः)

अन्नं तक्रपरिप्लुतं प्रतिदिनं शस्तं मनःप्रीणनम् ।
मेधाबुद्धिविवर्धनं विनिहरेन्मेहानशेषानपि ।।68।।
शोषघ्नं गरपाण्डुशोफशमनं कायाग्निसन्दीपनम् ।
दुष्टार्शोग्रहणीगदग्रहरणं पूयप्रदं पुष्टिदम् ।।69।।

Foods cooked after soaking with buttermilk are wholesome to be consumed daily, pleasing to the mind, improve memory and intellect, cure polyuria without aftereffects, tuberculosis, artificial poison, anaemia and oedema, stimulates digestive fire, relieve chronic haemorrhoids, disorders of lower GIT, increase pus discharge and impart nourishment[68-69].

(62)

Food prepared in closed containers

(puṭapākānna guṇāḥ / पुटपाकान्न गुणाः)

अन्नं स्यात्पुटपाकितं लघुतरं दाहारुचिघ्नं हिमम् ।
सामं रक्तविकारकोपशमनं हृद्रोगनुद्वह्निकम् ।।70।।
सर्वेषामतिसारिणां हितकरं धातोश्च सन्तोषणम् ।
गुल्मप्लीहमहोदरार्शसु हितं शूलज्वरघ्नं नृणाम् ।।71।।

Food prepared in closed containers (Puṭapāka annaṃ) is very easy to digest, relieves burning sensation, anorexia, and colds, produces Āma, relieves disorders of vitiated blood and heart, increases digestive fire, is wholesome for all patients of diarrhoea, aids the development of tissues; effective in treating abdominal lump, splenic diseases, ascites, haemorrhoids, abdominal colic and fever[70-71].

(63)

Rice made with green gram

(mudgānna guṇāḥ / मुद्गान्न गुणाः)

मुद्गान्नं रुचिकृत्सुगन्धि मधुरं बल्यं परं बृंहणम् ।
वातघ्नं च विदाहि पित्तशमनं किञ्चिद्गुरु श्लेष्मलम् ।।72।।

Recipes made with green gram enhance taste, have pleasant aroma, sweetness, impart strength, extremely nourishing, alleviate vāta and pitta, induce burning sensation, slightly hard to digest and aggravate kapha[72].

(64)

Rice cooked with de-husked green gram

(nistuṣamudgānna guṇāḥ / निस्तुषमुद्गान्न गुणाः)

तद्वन्निस्तुषमुद्गमन्नमनिलं हन्याद्गुरु श्लेष्मलम् ।

रोचिष्णु प्रबलानिलं हरति वातोद्धातसन्धुक्षणम् । ।73 । ।

Rice cooked with de-husked green gram is hard to digest, aggravates kapha, increases taste and alleviates aggravated vāta[73].

(65)

Rice cooked with black gram

(māṣānna guṇāḥ / माषान्न गुणाः)

माषान्नं गुरु बृंहणं कफकरं रोचिष्णु वातापहम् ।

स्निग्धं शुक्लकरं बलप्रदमथो वर्ण्यं भृशं दुर्जरम् । ।74 । ।

(66)

Rice cooked with Cowpea

(rājamāṣakṛsara guṇāḥ / राजमाषकृसर गुणाः)

राजमाषकृसरं मधुरं स्यात्पित्तहारि विशदं क्रिमिकृच्च ।75 ।

Rice cooked with rājamāṣa is sweet, alleviates pitta, non-slimy, triggers worm infestation[75].

(67)

Rice cooked with Dolichos beans

(niṣpāvakṛsara guṇāḥ / निष्पावकृसर गुणाः)

निष्पावकृसरस्तिक्तो मधुरो गुरुर्बृंहणः ।

विषहृत्कफवातघ्नो बल्यो विष्टम्भकृद्रुचिः । ।76 ।

Rice cooked with Dolichos beans is bitter, sweet, hard to digest, imparts nourishment, alleviates kapha, vāta and poison; improves strength and is tasty[76].

(68)

Rice cooked with horse gram

(kulatthakṛsara guṇāḥ / कुलत्थकृसर गुणाः)

कुलत्थकृसरस्तिक्तः पित्तकृत्कफहृल्लघुः ।

अत्युष्णाम्लविपाकश्च दुर्नामपवनांतकृत् । ।77 । ।

Rice cooked with horse gram is bitter, aggravates pitta, alleviates kapha, is easy to digest, is very hot and sour at the end of digestion, and relieves haemorrhoids and vāta[77].

(69)

Rice cooked with red gram

(āḍhakakṛsara guṇāḥ / आढककृसर गुणाः)

आढककृसरो बल्यः कषायमधुरो गुरुः ।

प्रमेहपित्तशमनो विष्टम्भी शीतलो हिमः । ।78 । ।

Rice cooked with red gram gives strength, is astringent and sweet, hard to digest, alleviates diabetes and pitta, causes constipation, is cold in potency, and to touch[78].

(70)

Rice cooked with Indian White Pea

(kalāyakṛsara guṇāḥ / कलायकृसर गुणाः)

कलायकृसरो ह्यद्यो मधुरो वातकृद्गुरुः ।

आध्मानकारी रुचिकृत्सघृतो वाजिनां हितः । ।79 । ।

Kalāya kṛsara is cardio-tonic, sweet, aggravates vāta, is hard to digest, causes abdomen distension, and enhances taste; added with ghee, it is healthy for horses[79].

(71)

Rice cooked with sesame seeds

(tilakṛsara guṇāḥ / तिलकृसर गुणाः)

तिलकृसरमन्ववातहारि प्रबलबलासकरं च पित्तलं स्यात् ।

गुरुतरतनुकान्तिमातनोति प्रतति विषेष्वहितं

गुरुरुष्णवीर्यम् । ।80 । ।

Rice cooked with sesame seeds alleviates vāta, aggravates kapha and pitta, very hard to digest, enhances glow of the body, unwholesome in poison, hard to digest and hot in potency[80].

(72)

Food cooked with oil cake

(piṇyākaudana guṇāḥ / पिण्याकौदन गुणाः)

पिण्याकौदनमप्युष्णं गुरु विष्टम्भि लेखनम् ।

दृष्टिदूषणकृद्रुच्यं दोषत्रयकरं परम् । ।81 । ।

Food cooked with Oil cake (Piṇyāka) is hot, hard to digest, causes constipation, debrides tissues (lekhanam), vitiates vision, improves taste, and aggravates three doṣas[81].

(73)
Rice cooked with leafy vegetables
(śākaudana guṇāḥ / /शाकौदन गुणाः)

शाकौदनं रुचिकरं गुरु विष्टम्भि बृंहणम् ।82 ।

Rice cooked with leafy vegetables is tasty, hard to digest, causes constipation and imparts nourishment[82].

(74)
Food prepared with wheat
(godhūmānna guṇāḥ / गोधूमान्न गुणाः)

गोधूमान्नं गुरु स्निग्धं बृंहणं वातपित्तजित् ।
जीवनं तर्पणं हृद्यं भग्नसन्धानकृत्परम् ।।83 ।।

Food prepared with wheat is hard to digest, unctuous, provides nourishment, alleviates vāta and pitta, enlivening, gives satiation, is pleasing to the heart, is effective for unison in fractures, etc. [83].

इति द्रव्यरत्नावल्यां ओदन वर्गः समाप्तः

Thus it ends the description of the cooked food group in Dravyaratnāvali.

18. GROUP OF FLOUR, PANCAKES

Āpūpādi vargaḥ / अपूपादि वर्गः

Now, the description of group of edibles, cakes.

(1)
Thin rice gruel
(maṇḍā guṇāḥ / मण्ड गुणाः)

मण्डा वातपित्तघ्नी स्निग्धा वृष्या हिमा सरा ।1 ।

Thin rice gruel (maṇḍā) alleviates vāta and pitta, is unctuous, aphrodisiac, cold and laxative. (Broken wheat grains are ground to paste with water and made into thin flakes. These are fried/ burnt on an inverted pot heated on charcoal[1]. Note: These are called maṇḍaka according to Strīdharmaratnabhāndāgāram.
Maṇḍā: liquid portion of rice prepared by adding 1 part rice and 14 parts water, which has the therapeutic properties of facilitating evacuation of flatus, relives thirst and weakness, improving agni and softening of srotas [SAT-H.35]

(2)
Wheat flour recipies
(godhūma piṣṭa sāra ardha maṇḍakā guṇāḥ / गोधूमपिष्टसारोऽर्धमण्डका गुणाः)

गोधूमपिष्टसारोऽर्धमण्डका लघु दीपनी ।2 ।

Eatables made with wheat flour (sojja maṇḍāka) are easy to digest and kindle appetite[2].

(3)
Broken pieces of Indian bread made with broken rice
(khaṇḍamaṇḍikā guṇāḥ / खण्डमण्डिका गुणाः)

ता एव खण्डशः कृत्वा तद्गुणाः खण्डमण्डिकाः ।3 ।

Broken pieces of sojja Mandaka (made with a finer versions of broken wheat) also have the same qualities[3].

(4)
Wheat flour recipes
(godhūmapiṣṭavikṛti guṇāḥ / गोधूमपिष्टविकृति गुणाः)

गोधूमपिष्टविकृति रङ्गारकविपाचिता ।
बृंहणी दीपना लघ्वी तृष्णाबलविवर्धनी । ।4 । ।

Eatables from wheat flour heated on charcoal (pulka) impart nourishment, kindle appetite, are easy to digest, trigger thirst, and improve strength[4].

(5)
Phulka
(polikā guṇāḥ / पोलिका गुणाः)

पोलिका गुरुकृशानुवर्धिनी वातपित्तशमनी बलप्रदा । ।5 । ।

Phulka (Polikā) are hard to digest, stimulate diminished digestive fire, alleviate vāta and pitta, and improve strength. (These maybe Bhakṣyālu or those prepared with sweet stuff kept inside) [5].
Note: Krusānuvardhini is translated as agnivardhakam.

(6)
Puṣaṇī
(puṣaṇī guṇāḥ / पुषणी गुणाः)

पुषणी पवनपित्तनाशनी रोचनी गुरुतरा च बृंहणी ।6 ।

Pooshani alleviates vāta and pitta, is tasty, very hard to digest and aids nourishment[6].

(7)
Sevali
(sevali guṇāḥ / सेवलि गुणाः)

गोधूमपिष्टविकृतिः करसूक्ष्मविमर्दितम् ।
तत्सेवलिरिति ख्यातं गुर्वर्शो वातपित्तजित् । ।7 । ।

Wheat flour kneaded well with hands and made into 'sev' is sevali. These are hard to digest, relieve haemorrhoids, and alleviate vāta and pitta[7].

(8)

Stuffed indian bread

(apūpa guṇāḥ / सेवलि गुणाः **)**

गोधूमपिष्टविकृतिः करसूक्ष्मविमर्दितम् ।

तत्सेवलिरिति ख्यातं गुर्वर्शो वातपित्तजित् । ।7 । ।

Wheat flour kneaded well with hands and made into 'sev' is sevali. These are hard to digest, relieve haemorrhoids, and alleviate vāta and pitta[7].

(9)

Green gram Stuffed Sweet Indian bread

(mudgasūpāntarāpūpa guṇāḥ / मुद्गसूपान्तरापूप गुणाः **)**

मुद्गसूपान्तरापूपो गरीयो शुक्लवर्धनः ।9 ।

Stuffed sweet Indian bread made with green gram is hard to digest and improves semen formation[9].

(10)

Sugar, jaggery stuffed indian bread

(śarkarādyapūpa guṇāḥ / शर्कराद्यपूप गुणाः **)**

शर्करागुडपुष्पाढ्या मुद्गोषण समन्विता ।

तैलपक्वाति मधुरा वृष्या बृंहणकृद्गुरु । ।10 । ।

Eatables made with sugar, jaggery, madhuka, green gram and long pepper fried in oil are very sweet, aphrodisiac, nourishing and hard to digest[10].

(11)

Round Stuffed Indian Bread

(valayāpūpa guṇāḥ / वलयापूप गुणाः **)**

अपूपो वलयाकारो मृदुः स्वादुतरो लघुः ।11 ।

Round Stuffed Indian Bread are soft, very tasty and easily digestible[11].

(12)

Small Stuffed Indian Bread with hole(s)

(svalpatarāpūpa guṇāḥ / स्वल्पतरापूप गुणाः **)**

तस्मात्स्वल्पतरापूपो बहुच्छिद्रोऽतिबृंहणः ।12 ।

Similar to what afore mentioned, those that are small in size and have many holes are extremely nourishing[12].

(13)

Stuffed Indian Bread with rice and Nandyāvartagala

(nandyāvartagalāpūpa guṇāḥ / नन्द्यावर्तगलापूप गुणाः **)**

किञ्चित्तण्डुलसंयुक्तं नन्द्यावर्तगलं परम् ।

पिष्ट्वापूपयकातैलं संसिद्धा मेहनाशनी । ।13 । ।

Stuffed Indian Bread prepared with a small quantity of rice and nandyāvartagalaṃ made into paste and fried in oil relieves polyuria[13].

(14)

Stuffed Indian Bread with Blackgram

(māṣāpūpa guṇāḥ / माषापूप गुणाः **)**

माषापूपो मृदुतरो वृष्यो वातहरो गुरुः ।14 ।

Stuffed Indian Bread prepared with black gram are very soft, aphrodisiac, alleviate vāta and are hard to digest[14].

(15)

Stuffed Indian Bread with green gram

(mudgāpūpa guṇāḥ / मुद्गापूप गुणाः **)**

मुद्गापूपस्सुगन्धिः स्याद्विषवातहरो लघुः ।15 ।

Edibles made of green gram have pleasant aromas, alleviate poison, vāta and are easy to digest[15].

(16)

Stuffed Indian Bread with coconut

(nārikelāpūpa guṇāḥ / नारिकेलापूप गुणाः **)**

नारिकेल वरवज्जलमिश्रैर्माषसूपगुडमुद्गहृतात्कैः ।

जीरकौषणयुतैर्वरघृष्टैः पाचितो घृतयुतोदशरावे । ।16 । ।

बृंहणः कमलाकारो वृष्यः स्निग्धोऽतिरोचनः ।

क्षतक्षीणहितो मेध्योऽपूपराज इति स्मृतः । ।17 । ।

Edibles made from grated coconut, black gram, jaggery, green gram, ghee, cumin, and long pepper mixed and fried in a pan containing ghee, made in the shape of lotus is nourishing, aphrodisiac, unctuous, very tasty, wholesome in thoracic trauma, improve intellect. This is called as Stuffed Indian Bread (āpūpa rāja), i.e, king of edibles[16-17].

(17)

kandusampararka āpūpa

(kandusamparkāpūpa guṇāḥ / कन्दुसम्पर्कापूप गुणाः)

अपूपा कन्दुसम्पर्को गुर्वी श्लेष्मकरी मृदुः ।18 ।

Edibles made with kandu are hard to digest, aggravates kapha and are soft[18].

( )

Variant text

(granthāntare / ग्रन्थान्तरे)

चन्द्रमण्डलसङ्काशा वर्तुला पिष्टपाचिता ।

पैत्यहा गुर्वी च बल्या कफविष्टम्भकारिणी । ।19 । ।

Eatables made with the flour of kodrava, round in shape, similar to Moon (candramaṇḍala) alleviate pitta, aggravate kapha, hard to digest, improve strength, cause constipation[19].

(18)

Dosha

(hrasvāpūpavikāra guṇāḥ / ह्रस्वापूपविकार गुणाः)

ह्रस्वापूपविकारस्तद्वत्तैलप्रसाधितम् ।20 ।

Dosha, Round Stuffed Indian Bread (Hrasvāpūpa vikāra) prepared with oil have properties alike āpūpa[21].

(19)

Edibles made with sugar, long pepper

(/)

शर्करोषणसर्पिर्भिः पिष्टैर्यन्त्रप्रसाधितैः ।

सुपक्वासाधितापूपा त्रिवृद्वल्लीनिभाकृतिः । ।21 । ।

वृष्या मनोहरा रुच्या पुष्टीन्द्रियबलप्रदा ।22 ।

Stuffed Indian Bread made with sugar, long pepper and ghee mixed in flour, shaped (like vermicelli) with an instrument and cooked resembling the climber of trivṛt are aphrodisiac, pleasing to the heart, tasty, impart nourishment and strength to the indriyas (sense organs) [21-22].

(20)

Edibles made with flour of black gram etc

(māṣācūrṇādivikāra guṇāḥ / माषचूर्णादिविकार गुणाः)

माष चूर्णं समरिचं शर्कराजीरकैर्युतम् ।

पिण्डीकृत्य दलैर्बद्धा वस्त्रयन्त्रेण पाचितम् । ।23 । ।

बृंहणं शुक्रलं पथ्यं कफपित्तप्रकोपनम् ।24 ।

Edibles prepared with flour of black gram, black pepper, sugar and cumin mixed together, tied with leaves and cooked in a vessel are nourishing, improve semen, are wholesome and aggravate kapha, pitta[23-24].

(21)

Dumplings

(modaka guṇāḥ / मोदक गुणाः)

केवलं जलसंसिद्धं पिण्डालुकविपाचितम् ।

मोदकामबल्यार्शो बृंहणो दुर्जरो गुरुः । ।25 । ।

Round edible dumplings made of flour (piṇḍāluka), cooked on steam, are modaka. They are strengthening, trigger haemorrhoids, nourishing, take a long time and are hard to digest[25].

(22)

Edibles made with steamed flour

(piṣṭapiṇḍa / पिष्टपिण्ड)

पूर्वं तोये साधितं पिष्टपिण्डं यन्त्रे छिद्रे निश्चितं पीडितं तत् ।

रुच्यं बल्यं घाद्रवं चैवतं तत्पित्तं

हन्याच्छ्लेश्मवातप्रकोपि । ।26 । ।

Steamed flour is shaped with yantra (machine or vessel) having perforations (holes) and made into edibles which are tasty, provide strength, alleviate pitta, and aggravate kapha and vāta[26].

(23)

Types of Stuffed Indian Bread (enumeration)

(apūpabhedāḥ / अपूपभेदाः)

अपूपभेदान्सङ्ख्यातुं न शक्यते बुधैरपि ।

दुर्जरं तोयसंसिद्धं घृतसिद्धं तु पित्तजित् । ।27 । ।

तैलसिद्धं पवनजित् क्षीररसिद्धं तु बृंहणम् ।

भृष्टपक्वं लघुतरं लघ्वङ्गारविपाचितम् । ।28 । ।
कुकूलसिद्धमित्येव मपूपास्सम्प्रकीर्तिताः ।29 ।

Even the intellectuals cannot enumerate the types of Stuffed Indian Bread (apūpa). Those prepared with water take a long time to digest, those cooked with ghee alleviate pitta, those with oil alleviate vāta, those made with milk are nourishing, fried are very easy to digest, those cooked on burning charcoal and on kukūla (hot mud or iron pan) are easy to digest. These are the properties of apūpa[27-29].

(*)

Types of Stuffed Indian Bread

(apūpabhedāḥ / अपूपभेदाः)

यवगोधूममुद्गाद्यैः कृता लघुतराः स्मृताः ।
इतरे गुरवोऽपूपाः श्लेष्मधातुविवर्धनाः । ।30 । ।

Edibles/cakes made of barley, wheat, green gram, etc, are very easy to digest, others are hard to digest. All varieties of edibles aggravate kapha and aid the development of tissues[30].

इति द्रव्यरत्नवल्यां अपूपादिवर्गस्समाप्तः

Here ends the description of the group of edibles (apūpādivarga) in Dravyaratnāvali.
Note: This group is first addressed as Odanavarga and later referred to as apūpādivarga)

19. CATEGORY OF PULSE SOUPS

Sūpavargamāha / सूपवर्गमाह

Now, the description of the category of various types of soup.

(1)

Green gram soup

(mudgasūpa guṇāḥ / मुद्गसूप गुणाः)

मौद्गः सूपो दीपनः पित्तहन्ता दाहं वर्णे कण्ठरोगं निहन्ति ।
नेत्रव्याधीन् कुष्ठयक्ष्माणमर्शः सद्यस्तृष्णां हन्ति जीर्णज्वरं च ।।1।।

Soup made with green gram kindles appetite, alleviates pitta, burning sensation, relieves diseases of throat, opthalmic diseases, skin ailments, tuberculosis, heamorrhoids, thirst and chronic fever (jīrṇajvaraṃ)[1].

(2)

Horse gram soup

(kulatthasūpa guṇāḥ / कुलत्थसूप गुणाः)

कुलत्थसूपः कफवातहारी गुल्मोदरार्शः क्रिमिकासनुच्च ।2।

Soup made from horse gram alleviates kapha and vāta, relieves abdominal lump, ascites, haemarrhoids, worm infestation[2].

(*)

Variant text

(granthāntare / ग्रन्थान्तरे)

कासापहं चाश्मरिभेदनं च कुलत्थकुल्माषमतीव पथ्यम् ।
शुक्लाश्मगुल्मप्लीहदृष्टिनासागदापहं शूलहरं च भेदि ।।3।।

Soup made from kulattha-kulmāṣa is extremely wholesome in tussis and lithiasis. It relieves sclera diseases, lithiasis, abdominal lump, spleenic diseases, ophthalmic diseases nasal diseases and colicky pain; breaks hard faeces and aids elimination of faeces[3].

(3)

Black gram soup

(māṣasūpa guṇāḥ / माषसूप गुणाः)

माषसूपो गुरुर्बल्यो स्निग्धो वृष्यतमस्स्सरः ।
प्रभूताभ्यन्तरमतो वातघ्नः कफपित्तकृत् ।।4।।

Soup made with black gram is hard to digest, promotes strength, is unctuous, is the best aphrodisiac laxative, alleviates vāta, and aggravates kapha and pitta[4].

(4)

Red gram soup

(āḍhakīsūpa guṇāḥ / आढकीसूप गुणाः)

मधुरस्त्वाढकीसूपो विष्टम्भी शीतलो गुरुः ।5।

Soup made from red gram is sweet, induces burning sensation, is cold and is hard to digest[5].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

आढकीकृतकुल्माषकषायं च बलप्रदम् ।
वातलं पित्तकफनुद्रुचिरं भेदनं न च ।।6।।

Soup made from leftover tur dal (āḍhakī kulmāṣa) is astringent, improves strength, vitiates vāta, alleviates pitta and kapha, is tasty and aids purgation by breaking hard faeces[6].

(5)

Red kidney bean soup

(rājamāṣasūpa guṇāḥ / राजमाषसूप गुणाः)

मधुरो राजमाषोत्थसूपो बहुशकृद्गुरुः ।7।

Soup made from red kidney beans is sweet, increases the formation of faeces and takes more time to digest [7].

(6)

Round pea soup

(kalāyasūpa guṇāḥ / कलायसूप गुणाः)

कलायः शीतोऽनिलकृत्स्वादुराध्मानकारकः ।8।

Soup of Round pea (Kalāya) is cold in potency, aggravates vāta, sweet and cause of abdominal distention [8].

(7)

Multi pulses soup

(śimbidhānyasūpa guṇāḥ / शिम्बिधान्यसूप गुणाः)

तत्तच्छिम्बिगुणाः सूपास्तेषु मौद्गो लघुस्सरः ।9।

Soup prepared from respective dicotyledons śimbi dhānya (grains) has the properties of source grain. Of all the grains, green gram is easy to digest and laxative[9].

(8)

Appreciation of soup

(sūpa praśaṃsa / सूप प्रशंसा)

सूपैर्विना वृथा भोज्यमहृद्यं पुष्टिकृन्न च ।
शतशाकयुतं चापि सहस्ररसयोग्यपि । ।**10** । ।

Meals without soup (sūpa-dal) are not worthy; it is not pleasing to the heart and do not give nourishment, despite having hundreds of vegetable curries (śāka yuktam), and thousands of flavours (Sahasra rasa yogya), everything is worthless[10].

(9)

Supernatant liquid portion of cooked green gram

(mudgodbhavarasa guṇāḥ / मुद्गोद्भवरस गुणाः)

मुद्गोद्भवरसः पथ्यो शुद्धव्रणगलामये ।
अक्षिरोगे ज्वरे चैव तृष्णारोगे च शस्यते । ।**11** । ।

The supernatant liquid portion of cooked green gram is wholesome and effective in alleviating wounds, throat disorders, ophthalmic diseases, pyrexia, and thirst. [11].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

यूषोऽयं परमो हि मुद्गजनितः पित्तप्रकोपोद्यतान् ।
कीलालप्रभवान् कफेन जनितान् जत्रूर्ध्वजातान् बहून् । ।**12** ।
दुष्टानक्षिगतान् गदान्परिहरेत्सर्वप्रमेहापहा ।
पथ्यः पाचनदीपनो ज्वरहरो तृष्णाङ्गदाहापहा । ।**13** । ।

Clear soup made from green gram (Mudga yūṣa) is very wholesome. It relieves diseases caused by aggravated pitta, rakta, kapha, diseases of the body above the clavicle, chronic ophthalmic diseases, all types of diabetes, pyrexia, thirst and burning sensation of the body. It is wholesome, improves digestion, kindles appetite[14].

(10)

Tender green gram soup

(toyamudgodbhavayūṣa guṇāḥ / तोयमुद्गोद्भवयूष गुणाः)

तोयमद्गोद्भवो यूषः शिरोभ्रमणपित्तनुत् ।**14** ।

Soup made from tender green gram mudga relieves giddiness and alleviates pitta-related diseases [14].

(11)

Black green gram

(kṛṣṇamudgotthita yūṣa guṇāḥ / कृष्णमुद्गोत्थित यूष गुणाः)

कृष्णमुद्गोत्थितो यूषः पित्तष्लेष्माक्षिरोगजित् ।**15** ।

Soup made from black variety of green gram alleviates diseases of pitta, kapha and relieves ophthalmic diseases[15].

(12)

Soup made from wild variety of green gram

(vanamudgotthita yūṣa guṇāḥ / वनमुद्गोत्थित यूष गुणाः)

वनमुद्गोत्थितो यूषो व्रणनेत्रामयापहः ।**16** ।

Soup made from a wild green gram heals wounds and ophthalmic diseases[16].

(13)

Thin horse gram soup

(kulattha yūṣa guṇāḥ / कुलत्था यूष गुणाः)

प्रसादनी तुनी गुल्मार्शः प्लीहाष्ठीलोदरापहः ।
कुलत्थयूषः श्लेष्मघ्न अश्मरीशूलनाशनः । ।**17** । ।

Thin soup made from horse gram is pleasing to the mind, aids in the treatment of tuni (neuralgic pain in the lower abdomen), abdominal lump, haemorrhoids, splenic diseases, prostatic enlargement, ascites, urolithiasis and colicky pain; alleviates kapha[17].

(*)

Variant text

(granthāntare / ग्रन्थान्तरे)

कुलत्थयूषः पवनानुलोमी ज्वराश्मरीशर्करमूत्रघातान् ।
श्वासं च कासं गुदजांश्च गुल्मान् शूलं तूनीमुख्यगदान्
क्षिणोति । ।**18** । ।

Soup made from horse gram aids downward movement of vāta; relieves

pyrexia, lithiasis, śarkara (urinaty caliculus), urinary retension, difficult breathing, tussis, proctalgia, abdominal lump, colic, tuni (neuralgic pain), etc[18].

(14)

Black horse gram soup

(kṛṣṇakulattha yūṣa guṇāḥ / कृष्णकुलत्थ यूष गुणाः **)**

यूषः कृष्णकुलत्थोत्थो लघुः पाषाणभेदिकृत् ।
रोचनः कफवातघ्नः पित्तनुत्क्रिमिशूलहा ।।19।।

Soup made from the black horse gram is easy to digest, relieves urolithiasis, worm infestation and abdominal colic, is tasty, and alleviates kapha, vāta and pitta[19].

(15)

Black gram soup

(māṣa yūṣa guṇāḥ / माष यूष गुणाः **)**

माषयूषो गुरुः स्निग्धः स्वादुर्हृद्योऽतिवातजित् ।20 ।

Soup prepared from black gram is hard to digest, unctuous, sweet, strengthens the heart and pacifies aggravated vāta[20].

(16)

Hyacinth bean or lablab bean soup

(niṣpāvayūṣa guṇāḥ / निष्पावयूष गुणाः **)**

निष्पावयूषो विषहा स्तन्यकृत्पित्तकृद्गुरुः ।21 ।

(Niṣpāva yūṣa) Soup prepared from hyacinth or lablab bean pacifies poison, increases formation of breast milk, aggravates pitta and is hard to digest[21].

(17)

Red gram soup

(tuvarīyūṣa guṇāḥ / तुवरीयूष गुणाः **)**

तुवरी सम्भवो यूषः कषायमधुरो हिमः ।
मेहपाण्डुहरो हृद्यो ग्राही कफविनाशनः ।।22।।

Soup made from red gram (Tuvarī) is astringent, sweet, and cold; relieves polyuria and anaemia, is pleasing to the heart, water absorbent, and alleviates kapha[22].

(18)

Bengal gram soup

(kalāyayūṣa guṇāḥ / कलाययूष गुणाः **)**

कलाययूषो मधुरः सुगन्धी दीपनो लघुः ।23 ।

Soup prepared from Bengal gram (kalāya yūṣa) is sweet, has pleasant aroma, kindles appetite and is easy to digest[23].

(19)

Red kidney bean soup

(rājamāṣodbhavayūṣa guṇāḥ / राजमाषोद्भवयूष गुणाः **)**

राजमाषोद्भवो यूषः मधुरो बृंहणो गुरुः ।24 ।

The soup of red kidney beans (rajamāṣa) is sweet, nourishing and hard to digest[24].

(20)

Wheat soup

(godhūmayūṣa guṇāḥ / गोधूमयूष गुणाः **)**

गोधूमयूषोऽनिलहा वृष्यः पित्तापहस्स्सरः ।25 ।

Soup made from wheat alleviates vāta and pitta, aphrodisiac and laxative[25].

(21)

Green gram multi-pulse soup

(mudgādiyūṣa guṇāḥ / मुद्गादियूष गुणाः **)**

मुद्गाढकी मसूरैश्च समाषैश्चणकैः स्मृतः ।
यूषस्सर्वामयध्वंसी व्योषैस्सह परः स्मृतः ।।26।।

Soups made from green gram, pigeon pea, lentil, black gram and chickpea are effective in relieving all types of diseases. it is effective when taken along with vyoṣa[26].

(22)

Horse gram multi pulse soup

(kulatthādiyūṣa, pañcāmṛta guṇāḥ / कुलत्थादियूष, पञ्चामृत गुणाः **)**

कुलत्थमाषनिष्पावमुद्गाढकविपाचितम् ।
यूषस्सर्वज्वरहरः पाचनो दीपनोऽग्निकृत् ।।27।।
श्लेष्मघ्नो रुचिकृद्धन्यादङ्गमर्दं क्षणेन च ।
अयं पञ्चामृतो नाम यूषः स्वेदस्य कारणम् ।।28।।

Varieties of soup made from horse gram, black gram, flat beans, green gram, and pigeon pea relieve all types of fever; improve digestion, kindle appetite and stimulate digestive fire; alleviate kapha, enhance taste, and relieve body pains promptly. This is known as Pañcāmrutaṃ. It induces perspiration (sweating) [27-28].

(23)

Milk skin , Thick Milk Layer

(kṣīrasantānikā guṇāḥ / क्षीरसन्तानिका गुणाः)

क्षीरसन्तानिका सान्द्रं गृहीत्वा खण्डशः कृताम् ।
यथायोगं च संस्कारात् क्षीरस्य जननं स्मृतम् । ।29 । ।
एतद्बलकरं वृष्यम् स्निग्धं च गुरु बृंहणम् ।30 ।

A thick, creamy layer is collected from milk (added with respective drugs depending on the patient and processed) and made into pieces. It aids the production of breast milk, imparts strength, is aphrodisiac, unctuous, hard to digest and nourishing[29-30].

Note: Milk skin or lactoderm refers to a sticky film of protein that forms on top of dairy milk and foods containing dairy milk

(24)

Indian pea soup

(kalāyayūṣa guṇāḥ / कलाययूष गुणाः)

कलाययूषो मधुरः कफघ्नः श्वासकासकृत् ।31 ।

The soup of Indian peas is sweet, alleviates kapha, and triggers difficult breathing and cough[31].

(25)

Green gram flour soup

(mudgapiṣṭavikṛtairvipācitayūṣa guṇāḥ / मुद्गपिष्टविकृतैर्विपाचितयूष गुणाः)

मुद्गपिष्टं विपाच्याथ गृहीत्वा खण्डशः कृताम् ।
नानाव्यञ्जनयुक्तपक्वं मुद्गसूपगुणं हितम् । ।32 । ।

The flour of green gram is processed, made into parts added with various substances (vyañjana) and cooked. It is wholesome and has properties alike the soup of green gram[32].

(26)

Wheat flour soup

(godhūmapiṣṭa vikṛtairvipācitayūṣa guṇāḥ / गोधूमपिष्ट विकृतैर्विपाचितयूष गुणाः)

गोधूमपिष्टपक्वे तत्खण्डं विकल्पितम् ।
विविधाकृतिसम्पक्वं संस्कृतं सर्ववस्तुभिः । ।33 । ।
एतद्वृष्यतमं रुच्यं वातपित्तहरं परम् ।34 ।

Wheat flour is cooked, made into various small shapes, processed with different substances and made into eatables, which are very aphrodisiac tasty and alleviate vāta and pitta[33-34].

(27)

Black gram flour soup

(māṣapiṣṭavikṛtairvipācitayūṣa guṇāḥ / माषपिष्टविकृतैर्विपाचितयूष गुणाः)

मरिचैर्माष सञ्चूर्णैर्जीरकसहितैश्च कल्पितो वटकः ।
मध्ये छिद्रः स्थूलस्नेहे परिपाचितापूपाः । ।35 । ।
पश्चादम्ले तक्रे व्युषितो द्रव्यैस्सुसंस्कृतं सम्यक् ।
बल्यो वृष्यो रुच्यः सर्वहितः सर्वदोषघ्नः । ।36 । ।

The dish is prepared from black pepper, flour of black gram and cumin, mixed together, making a hole in the middle, deep fried in oil and later soaked in sour buttermilk processed with many drugs imparts strength, aphrodisiac, tasty, wholesome for all and alleviate all doṣa[35-36].

(28)

Hing vaṭaka

(rāmaṭhādivaṭaka guṇāḥ / रामठादिवटक गुणाः)

रामठजीरकरजनीदलदूषितभाण्डसंस्थितैर्युते ।
निक्षिप्ते वा वटकः सुरोचनो वह्निदीप्तिकृद्बल्यः । ।37 । ।

Hing vaṭaka are prepared with hiṅgu, jīraka, turmeric and daladūṣita (ākupatri). These are tasty, stimulate digestive fire and improve strength[37].

vaṭaka=a small lump or round mass, ball, globule, pill, round cake made of pulse fried in oil or butter

इति द्रव्यरत्नावल्यां सूपवर्गः समाप्तः

Thus it ends the description of the group of pulse-based (dal) soups in Dravyaratnāvali.

20. CATEGORY OF COOKED FOOD AND CAKES

Kṛtānnāpūpavarga / कृतान्नापूपवर्गः

Now, the description of the category of cooked food and cakes

(1)
Shrikhand
(rasālā / रसाला)

पादंशशेषश्रृतगव्यजातं
दध्याढकं परिमितामलशर्करया ।
त्रिंशत्पलानीह विषं च पलद्वयं च
क्षौद्रं मरीचं द्विपलं पलं स्यात् ।।1।।
शुण्ठीत्रिजातकफला पृथगेकमेव
सुश्लक्ष्णचूर्णितमिदं सुदृढे सुभाण्डे ।
संसृज्य तत्प्रमदया मथितं करेण
कल्हारजातिकुसुमैर्नवमालिकाभिः ।।2।।
कर्पूरकेतकिदलैः परिभावितं
तत्पेया त्रिदोषशमनी सुरसारसानाम् ।
वृष्य गुरुश्रमहरा रुचिकृच्च बल्या
स्निग्धा च बृंहणसरित्वहृतं समा च ।।3।।

One āḍhaka of curd, which is formed by boiling cow milk till one-fourth is left, is mixed with the required quantity of sugar- thirty palas, ativasa- two palas, honey two palas, black pepper- one pala and one part each of dry ginger and trijātaka, thoroughly mixed and powdered. Women should mix these ingredients thoroughly with their hands in a vessel. Later, kalhāra, camphor (karpūra), and flower of fragrant screwpine (ketaki) are added for fragrance. Drink prepared with the mentioned materials alleviates tridoṣa, is aphrodisiac, hard to digest, relieves fatigue, enhances taste, improves strength, is unctuous and imparts nourishment[1]. āḍhaka= 3.072 Kg/ 3300ml, one pala=48 gms.)
Shrikhand (rasālā): Thick curds mixed with sugar and spices

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

स्निग्धा रसाला विनिहन्ति कार्श्यं बल्या च वृष्या रुचिरा श्रमघ्नी ।4।

Recipe named Rasālā is unctuous, treats emaciation, gives strength, is aphrodisiac, enhances taste and relieves fatigue[4].

(*)
Other Rasālā
(anyadrasālā / अन्यद्रसाला)

इक्षोश्च सारं पयसा समेतं सिता समेतं विपचेद्रसालाम् ।5।

Recipe made from sugarcane juice, milk and sugar is rasālā[5].

(2)
Rāgaṃ
(rāga guṇāḥ / राग गुणाः)

दाडिमस्वरसे पूते कोलाम्लरस संयुते ।
पिष्टेन स्वच्छधान्याम्लैः वृक्षाम्लैस्तूषणैस्सह ।।6।।
मृद्वीकेन कृतं रागं सकर्पूरं समाक्षिकम् ।
ग्रहणीदीपनं रुच्यं कासश्वास क्षयापहम् ।।7।।

The recipe "rāgaṃ" is prepared from the fermented juice of pomegranate, black pepper (kola), lemon juice, sour rice gruel (dhānyāmlaṃ), tamarind pulp, long pepper (ūṣaṇa), grapes, camphor and honey, all mixed together. It stimulates the lower gastrointestinal tract (grahaṇi), kindles appetite, is tasty and relieves cough, difficulty in breathing and tuberculosis[6-7].

(3)
Cikkanaṣāḍabam
(cikkanaṣāḍaba guṇāḥ / चिक्कनषाडब गुणाः)

अष्टौ मत्स्यण्डिकायाः स्यु रंशा रुचकधान्ययोः ।
एका द्वौ दीप्यकाजाज्योस्त्रयः शुण्ठीवरालयोः ।।8।।
चत्वारो दाडिमाम्लस्य वृक्षाम्लस्य नवैव च ।9।
सर्वतुल्यं कपित्थाम्रः क्षुण्णं योज्यमुदश्विति ।।।10।।
ग्रहण्यरुच्यतीसारान् हरेच्चिक्कनषाडबम् ।
कुरुते मुखवैशद्यं वाचां धत्ते च सौष्ठवम् ।।11।।

Eight parts crude sugar (matsyaṇḍikā), five parts rucaka, one part coriander (dhānya), two parts black cumin (ajāji), three parts dry ginger (śuṇṭhī) and black pepper (varā) each, four parts of sour pomegranate seeds (dāḍimāmla), nine parts of kokum (vṛkṣāmla); wood apple (kapittha) and mango (āmra) are to be taken in quantity which is equal to the total quantity of all parts of above drugs. All these are mixed and processed with

buttermilk (udaśvit). This is known as Cikkāna Ṣāḍabam. It relieves disorders of the lower gastrointestinal tract, anorexia, and diarrhoea, cleanses the oral cavity and efficiency of speech (vāk sauṣṭhavaṃ) [8-11].

(4)

Lehaṣāḍabam

(lehaṣāḍaba guṇāḥ / लेहषाडब गुणाः)

परिपक्वामलकरसे क्षिप्त्वा मत्स्यण्डिकाभागम् ।
शुक्तोषणमधुतिलजं पृथक्च मत्स्यण्डिकाधाणकम् ।।12।।
मृद्वग्निनापरिपचेन्मधुजीरकसौरभजीरकान्वितं विधम् ।
जयति परिपालितानि जनयति चन्द्रोदयकान्तिम् ।।13।।

Crude sugar (Matsyaṇḍikā) is mixed with the juice of ripe fruits of Indian gooseberry, Śuktam, long pepper, honey and sesame oil are separately cooked with Matsyaṇḍikā (crude sugar) on low flame. Later, honey, cumin and coriander seeds are added. This leha ṣāḍabam removes wrinkles on the skin and grey hair and promotes radiance like moonlight[12-13].

(5)

ṣāḍabaṃ

(ṣāḍaba guṇāḥ / षाडब गुणाः)

चिञ्चाम्लं व्योषखण्डं दधिमधुसहितं तोयमात्रे विमिश्रम् ।
एलातक्कोलजातीफल शशिसहितं गालितं शुद्धवस्त्रे ।।14।।
मृद्भाण्डे तन्नवीने स्थितमथवकरैर्वासितं चारुगन्धैः ।
पुष्पैरन्यैश्च तद्वत्सकलगदहरं षाडबाख्यं विशेषात् ।।15।।

Tamarind pulp (ciñciāmla), ginger (vyoṣa khaṇḍaṃ), curd and honey are mixed in water. Later, cardamom, star anise (takkola), nutmeg (jātīphala) and camphor (karpūra) are finely powdered and sieved with a clean cloth. These are cooked together in a new mud pot along with fragrant drugs. This is ṣāḍabaṃ. It alleviates all diseases[14-15].

(6)

Sweet drink

(pānakaguṇāḥ / पानकगुणाः)

सितामधूकमरिचं श्रृङ्गिबेरपरूषकम् ।
तुल्यांश कल्पितोपेतं शीतकर्पूरवासितम् ।।16।।
पानकं सर्वदोषघ्नं हृद्यं रुचिकरं परम् ।17।

Equal parts of sugar, mahua, black pepper, ginger, phassa (parūṣaka) are mixed with water along with an edible variety of camphor (śītakarpūra) for fragrance. This is known as pānakaṃ. It alleviates all doṣas, strengthens the heart and is extremely tasty[16-17].

(7)

Five fruit essence

(pañcasārapānakaguṇāḥ / पञ्चसारपानकगुणाः)

द्राक्षामधूकखर्जूरैः काश्मर्यैस्सपरूषकैः ।
पञ्चसारमिति चोदितं बुधैर्वासितं विषमज्वरापहम् ।।18।।

As told by intellects, the essence of fiver fruits (pañcasāra) is made with grapes, mahua, dates, kāśmarya and phalsa (parūṣaka) fruit, along with aromatic substances. It relieves intermittent pyrexia[18].

(8)

Moon ray sweet dumplings

(śaśāṅkakiraṇaguṇāḥ / शशाङ्ककिरणगुणाः)

क्षीरद्रोणे चाढकं शर्करायाः संयोज्ये तत्सान्द्रमेवं विपाच्य ।
ईषत्कर्पूरोषणैलासमेतं कोलाकारान् मोदकान् साधु कुर्यात् ।।19।।
क्षौद्रे स्थित्वा चन्द्रकान्तिं च रम्ये लीलालोलः संवृतः कामिनीभिः ।
ताभिस्सार्धं भक्षयेद्बाहुजोऽसौ स्निग्धैरिष्टैर्हास्यकारैस्सुहृद्भिः ।।20।।
शशाङ्ककिरणास्वादाद्रतौ प्रीतिः प्रजायते ।
बलं तेजः प्रसादश्च ग्रीष्मातपनिवर्तकम् ।।21।।

One droṇa of milk and one āḍhaka of sugar are cooked together till it attains a thick consistency. Three myrobalans and Elachi are added to a small quantity of camphor and made into oval-shaped balls. They are dipped in honey and kept in moonlight. This should be consumed in the presence of beautiful women. This śaśāñkakiraṇa, if relished when surrounded by friends and adorable people, gives satisfaction in sex ('rati prīti',), imparts strength, radiance, happiness (prasāda), satisfaction and relief from summer heat[19-21].

Note: droṇa =12 kg and 288 gm; āḍhaka =3 kg and 72 gm;

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

तिन्त्रिणीदाडिमाम्लाद्याः ससम्भारैरितरैरपि ।
प्रक्षिप्य शर्करां क्षीरे पक्त्वाऽति घनतां गते ।।22।।
निर्वर्तिता ये भक्ष्यास्ते शशाङ्ककिरणाः स्मृताः ।23।

Tamarind, pomegranate, other sour ingredients and spices combined with sugar and milk are

boiled until they attain a firm consistency and made into edibles. They are named as Śaśāṅka kiraṇa[22-23].

(9)

Starch Laddu

(laḍvāka guṇāḥ / लड्वाक गुणाः **)**

गुडेन पिष्ट्वा संसृज्य तैलपक्कविनिर्मितम् ।

लड्वाकमितिज्ञेयं विष्टम्भि गुरु दूषणम् ।।24।।

Laddu (Laḍvā) are the eatables made by mixing jaggery and flour and cooked in oil. They cause constipation, are hard to digest and vitiate doṣas[24].

(10)

Wheat laddu

(godhūma laḍvāka guṇāḥ / गोधूम लड्वाक गुणाः **)**

गुडगोधूमपिष्टेन मरिचैस्साधितैर्घृतैः ।

स लड्वाको गुरुः स्निग्धो बृंहणः स्थैर्यकृत्सरः ।।25।।

Laddus prepared from wheat (Godhūma laḍvā) made with wheat flour, jaggery, black pepper, and ghee are hard to digest, unctuous, nourishing, develop firmness and are laxative[25].

(11)

Bengal gram laddu

(caṇaka modaka guṇāḥ / चणक मोदक गुणाः **)**

निस्तुषा चणका पक्का गुडेन साधिता शुभा ।

परं मोदकिता ह्रुद्या सुगन्धा चास्य शोषणा ।।26।।

रुच्यं मनोहरं बल्यं बृंहणं गुरु वातलम् ।27।

Dehusked Bengal gram (caṇakā) and jaggery are mixed, well processed and made into round balls. They are cardiotonic, have a good aroma, induce dryness of mouth, are tasty, pleasing to the mind, improve strength, nourishing, hard to digest and aggravate vāta[26-27].

(12)

Edible sesame confection -tila modaka

(tila modaka guṇāḥ / तिल मोदक गुणाः **)**

गुडपाके तिलैः स्निग्धो मोदको शोषणो गुरुः ।

ह्रुद्यो रुचिकरो बल्यो वातहा कफपित्तकृत् ।।28।।

Confection (modaka) made of jaggery and sesamum are unctuous, impart dryness, are difficult to digest, good for the heart, tasty and promote strength; alleviate vāta, aggravate kapha and pitta[28].

(13)

Eatables processed in oil

(tailapakvaśaṣkulī guṇāḥ / तैलपक्वशष्कुली गुणाः **)**

तैलेन पक्वं सतिलं च पिष्टं विष्यम्भकृद्दुर्जरमग्निसादम् ।

बल्यं कटूष्णं कटुकं विपाके त्वग्दोषलं तद्विनिहन्ति नेत्र्यम् ।।29।।

Eatables made with sesamum, flour and oil cause constipation, take a long time to digest, diminished digestive fire, improve strength, are pungent in taste and after digestion, hot, unwholesome for skin and eyes[29].

(14)

Eatables processed in ghee

(ghṛtapakvaśaṣkulī guṇāḥ / घृतपक्वशष्कुली गुणाः **)**

गुडपिष्टतिलैर्युक्ता शष्कुली साधिता घृतैः ।

वातघ्नी बृंहणी रुच्या दुर्जरा वह्निसादिनी ।।30।।

Eatables made with jaggery, flour, and sesamum mixed together and cooked in ghee alleviate vāta, impart nourishment, enhance taste, take a long time to digest and hinder digestive fire[30].

(15)

Godhūmapiṣṭa śaṣkulī

(godhūmapiṣṭaśaṣkulī guṇāḥ / गोधूमपिष्टशष्कुली गुणाः **)**

गोधूमपिष्टशष्कुल्यो वातपित्तहरस्सराः ।31।

Eatables made with wheat flour alleviate vāta, pitta and are laxative[31]. śaṣkulī: a large round cake (composed of ground rice, sugar, and sesamum and cooked in oil

(16)

Parched, flattend śāli rice

(śālipṛthuk guṇāḥ / शालिपृथुका गुणाः **)**

कफविष्टम्भजा बल्याः पृथुका गुरवो मताः ।

पृथुकाः शालिसम्भूताः ह्रुद्यास्तर्पणबृंहणाः ।।32।।

Parboiled, parched, flattened paddy (Pṛthukā) made from rice aggravate kapha, stay a long time in the stomach, causing indigestion (viṣṭambhi), impart strength, hard to digest, good for the heart, give satisfaction and nourishment[32]. Note: Pṛthukā-rice scalded with hot water and then dried over a fire and ground in a mortar

(17)

Parched, flatted aromatic paddy

(gandhavrīhīpṛthukā guṇāḥ / गन्धव्रीहीपृथुका गुणाः **)**

गन्धव्रीहिसमुद्भूताः पृथुका गुरुरोचनाः ।33।

Parboiled and flaked (Pṛthukā) made from aromatic paddy, rice (gandhavrīhi) are hard to digest and enhance taste[33].

(18)

Parched, flattened Mṛduśāli

(mṛduśālipṛthuka guṇāḥ / मृदुशालिपृथुक गुणाः)

मृदुशालिसमुद्भूताः पृथुका गुरवो हिमाः ।34।

Parched, flattened rice (pṛthukā) made from soft rice (mṛduśāli) are difficult to digest and are cold[34].

(19)

All types of Parched, flattened grains

(sarvapṛthuka guṇāḥ / सर्वपृथुका गुणाः)

सर्वे च पृथुका बल्याः कफविष्टम्भकारिणः ।35।

All types of Parched, flattened rice (pṛthukā) made from various grains impart strength, aggravate kapha and cause constipation[35].

(20)

Parched, flattened rice soaked in milk- kṣīrasiktā pṛthuka

(kṣīrasiktāpṛthuka guṇāḥ / क्षीरसिक्तपृथुक गुणाः)

क्षीरसिक्ता लघुतराः पृथुका रोचनाः परम् ।36।

Parched, flattened rice (pṛthukā) soaked in milk are very easy to digest and extremely tasty[36].

(21)

Parched, flattened rice along with sugar- śarkaropetā

(śarkaropetapṛthuka guṇāḥ / शर्करोपेतपृथुका गुणाः)

पृथुकाः शर्करोपेताः स्वादवः पित्तनाशनाः ।37।

Parched, flattened rice (pṛthukā) mixed with sugar are sweet, tasty, alleviate pitta[37].

(22)

Parched, flattened sesamum

(tilapṛtuka guṇāḥ / तिलपृथुका गुणाः)

पित्तलास्तिलसंयुक्ताः पृथुका वातनाशनाः ।38।

Pṛthukā made from sesamum aggravate pitta and alleviate vāta[38].

(23)

Parched, flattened, flattened rice (pṛthukā)- solo

(kevalapṛthuka guṇāḥ / केवलपृथुक गुणाः)

केवलाः पृथुकाः शूल हिध्माध्मानकफप्रदाः ।39।

Parched, flattened rice (pṛthukā), not mixed with other ingredients, triggers abdominal colic, singultus, and distension and aggravates kapha[39].

(24)

Parched, flattened grains processed in ghee

(ghṛtabhṛṣṭapṛthuka guṇāḥ / घृतभृष्टपृथुक गुणाः)

घृतभृष्टाश्च पृथुका लघवः पित्तनाशनाः ।40।

Pṛthuka fried in ghee are easy to digest and alleviate pitta[40].

(25)

Parched, flattened grains processed in oil

(tailabhṛṣṭapṛthuka guṇāḥ / तैलभृष्टपृथुक गुणाः)

तैलभृष्टाश्च पृथुका वातघ्नाः पित्तकारिणः ।41।

Pṛthukā fried in oil alleviates vāta, aggravates pitta[41].

(26)

Puffed rice

(lāja guṇāḥ / लाज गुणाः)

लाजा मेहहराः कषायमधुरास्तृष्णातिसारच्छिदाः ।
पित्तच्छर्दिविदाहनाशनपराः सन्दीपनाः शीतलाः ।।42।।
मेदश्लेष्महरास्तथा लघुतराः कासज्वरार्तिच्छिदो ।
हिध्माश्वासहरा व्रणेषु रसनादोषे प्रशस्ताः परम् ।।43।।

Puffed rice (lājā) relieves polyuria, thirst, diarrhoea, diseases due to pitta and kapha, vomiting, burning sensation, obesity, tussis, pyrexia, hiccup, difficult breathing, injuries and diseases of tongue; is sweet and astringent, kindles appetite, cold and very easy to digest[42-43].

(27)

Improperly parched paddy- mūḍhalājā

(mūḍhalāja guṇāḥ / मूढलाज गुणाः)

मूढलाजाः स्मृता रूक्षास्तर्पणा बलवर्धकाः ।44।

Parched paddy (Lājā), which are not fully popped, are dry, satiating and promote strength[44].

(28)

Flour prepared by parched paddy- lājāsaktu

(lājasaktu guṇāḥ / लाजसक्तु गुणाः)

तत्सक्तवो लघुतरा नयनामयघ्नाः क्षुत्तृट्श्रमानपनुदन्त्यतिसारमेहान् ।
सद्यो बलं दधति शर्करया च सार्थं मन्तर्विदाहशमनापरतो हिमांश्च
।।45।।

Flour of lājā is extremely easy to digest, alleviates ophthalmic diseases, hunger, thirst, fatigue, diarrhoea and polyuria; gives instant strength;

when taken along with sugar relieves burning sensation in the abdomen and is cold[45].

(29)

Satiating foods

(santarpaṇaguṇāḥ guṇāḥ / सन्तर्पणगुणाः**)**

द्राक्षादाडिमखर्जूरमृद्वीकाञ्जन शर्करम् । (. कदली शर्करान्वितम्- रा.ध.)

सलाजचूर्णमध्वाज्यं सन्तर्पणमुदाहृतम् ।।46।।

Grapes, pomegranate, dates, grape juice, sugar, corn flour, honey and ghee give satiation[46].

(30)

Parched paddy-Contraindications

(saktuvarjyāḥ / सक्तुवर्ज्याः **)**

न केवलं निशायां तु बहून्वा भक्षयेन्न तु ।

नद्विर्नतोयान्तरितो न भुक्त्वा वा कदाचन ।।47।।

दन्तैश्छित्वा च नाश्नीयात्सक्तूनामेष निर्णयः ।48।

The flour of the parched paddy should not be consumed in the following manner: at night, in excess quantity, intermittent and (excess) water intake, consumption after food, and excessive chewing [47-48].

(31)

Soaked rice

(ārdrataṇḍūla guṇāḥ / आर्द्रतण्डूल गुणाः **)**

गुरुविष्टम्भजनना दुर्जरा चार्द्रतण्डुलाः ।

कफवातकरा बल्या विष्टम्भि कफकारिणः ।।49।।

Soaked rice is hard to digest, constipates, takes more time to digest, aggravates kapha and vāta, and improves strength[49].

(32)

Mild boiled grain

(kiñcidvipācya sarvaśimbidhānya guṇāḥ / किञ्चिद्विपाच्य सर्वशिम्बिधान्य गुणाः **)**

किञ्चिद्विपाच्य वरतैलशरावभृष्टाः सञ्चूर्णिता मरिच चूर्णसजीरकैश्च ।

सर्वे च शिम्बिबहुधान्यगुणाः प्रसिद्धाः त्वं रोचना स्वयोनिगुणाः प्रसिद्धाः ।।50।।

Flakes made from various types of pulses (śimbi dhānya), fried in a pan with little oil and added with the powder of black pepper and cumin have more the respective grains. These are very tasty[50].

(33)

Determination of eatables

(Bhakṣyanirṇayaḥ / भक्ष्यनिर्णयः **)**

स्निग्धं रूक्षं भक्ष्यजातं द्विधोक्तं स्निग्धं पथ्यं तत्र रूक्षं त्वपथ्यम् ।

भक्ष्यं सर्वं कन्दमूलादिकं च क्षुद्वानद्यद्भुक्तवान्नैव खादेत् ।।51।।

सर्वे शाका भुक्तमध्ये हितास्ते चादौ खादेन्मत्स्य मांसं त्वपूपम् ।

पश्चात्खादेन्मुद्गमाषादिकन्दं मूलं पृथ्वीकाश्च भुक्तश्च पूर्वे ।।52।।

Eatables are two types- 1. Unctuous (snigdhaṃ) and, 2. Dry (rūkṣaṃ) Eatables that are unctuous are wholesome, and those that are dry are unwholesome. Tubers and roots, etc, are suitable for consumption. One who is suffering from hunger can eat tubers and roots. Once consumed, they should not be taken again. All vegetables (śākā) can be consumed in the middle of the meal. Fish, meat, and sweet snacks (apūpa) can be consumed at the beginning of the meal. Green gram and black gram, etc., are to be consumed afterwards. Tubers, parched rice grains (pṛthukā) and roots are to be consumed before food[51-52].

इति द्रव्य रत्नावल्यां कृतान्नपूपवर्गः समाप्तः

Here ends the description of cooked, processed food (kṛtānna/apūpavarga) in Dravyaratāvali.

21. GROUP OF ANIMAL MEAT

Mṛgamāṃsa vargaḥ/ मृगमांस वर्ग

Now, the of group of animal meat

(1)

Animal meat group

(mṛgamāṃsa vargaḥ / मृगमांस वर्ग)

हरिणैणरङ्गर्क्षगोकर्णमृगमातृकाः ।

कालपुच्छक चारुष्कवरपोतशशोरणाः ।।2।।

श्वदंष्ट्रारामशरभकोहकारकशम्बराः ।

करालकृतमालौ च पृषतश्च मृगाः स्मृताः ।। 3 ।। (अ. सं)

Antelope, fawn (hariṇa), female deer (eṇa), a type of black deer (kuraṅga), bear (Ṛkṣa), deer, antelope (gokarṇa), red coloured rabbit (hare) like deer, mountain sheep (mṛgamātṛkā), kālapucchaka, gazelle (Cāruṣka), Varapota, rabbit (saśa), Ūraṇa, śvadaṃṣṭra, rāma, śarabha, kohakāraka, śambara, karāla (kastūri mṛga), kṛtamāla, vṛṣata, etc., are under the group of mṛga[2-3].

(2)

Gallinaceous birds

(viṣkira vargāḥ / विष्किर वर्गाः)

लाववर्तीकवार्तीक रक्तवर्त्मक कक्कुभाः ।

कपिंजलोपचक्राख्य चकोररुरुबाहवः ।।4।।

वर्तको वर्तिका चैव तित्तिरिः क्रकरश्शिखी ।

ताम्रचूडाख्यवरक गोनर्दगिरिवर्तिकाः ।।5।।

तथा सारपदेन्द्राह्व वरटाश्चेति विष्किराः ।6 ।

Bustard quail (lāva), bush quail (vartīka), rain quail (vārtīka), red jungle fowl (raktavartmaka), wild cock (kakkubhā), black partridge (kapiṃjala), small greek pheasant (upacakrā), greek pheasant (cakora), ruru, bāhu, bush quail (vartikā), button quail (vartaka), grey partridge (tittiri), black partridge (krakara), peacock (śikhī), domestic cock (tāmracūḍā), varaka, Siberian crane (gonarda), mountain quail (girivartikā), a kind of sparrow (sārapada), hedge sparrow (indra), goose (varaṭā), etc are known as birds which scratch the ground with their legs and pick up their food (viṣkira) [4-6].

(3)

Peckers

(pratudā vargaḥ / प्रतुद वर्गः)

जीवञ्जीवकदात्यूह भृङ्गाह्वशुकशारिकाः ।

लट्वा कोकिलहारीत कपोत चटकादयः ।।7।।

प्रतुदाः भेकगोधाहिश्वाविडाद्या बिलेशयाः ।8 ।

Greek partridge (Jīvañjīvaka), gallinule (dātyūha), shrike (bhṛṅga), parakeet (śuka), mynah (śārikā), wild sparrow (laṭvā), cuckoo (kokila), grey pigeon (hārīta), wood pigeon (kapota), house sparrow (caṭakā), etc. belong to the group of birds which peck food and eat (pratudā) [7-8].

(4)

Animals living in burrows

(bileśaya vargaḥ / बिलेशय वर्गः)

भेकगोधाहिश्वाविडाद्या बिलेशयाः ।9 । (अ.सं)

Frogs (bheka), iguana lizards (godhā), snakes (ahi), hedgehogs (śvāviḍā), etc., are animals living in burrow (bileśaya) [9].

(5)

Animal which catch their food by the teeth, tear and eat

(prasaha vargaḥ / प्रसह वर्गः)

गोखराश्वतरोष्ट्राश्व द्वीपिसिंहर्क्ष वानराः ।

मार्जारमूषकव्याघ्र वृकबभ्रुतरक्षवः ।।10।।

लोपाकजम्बुकश्येनचाषवान्तादवायसाः ।

शशघ्नीभासकुरर गृध्रोलूककुलिङ्गकाः ।।11।।

धूमिका मधुहा चेति प्रसहा मृगपक्षिणः ।12 । (अ. सं)

Gau (cow), ass, donkey (khara), mule (aśvatara), camel (uṣṭra), horse (aśva), leopard (dvīpi), lion (siṃha), bear (ṛkṣa), monkey (vānara), cat (mārjāla), rat, mice (mūṣaka), tiger (vyāghra), jackal (vṛka), large brown mongoose (babhru), hyena (tara), fox (lopāka), jackal (jambuka), hawk (śyena), blue jay (cāṣa), dog (vāntāda), crow (vāyas), golden eagle (śaśaghnī), bearded vulture (bhāsa), osprey (kurara), vulture (gṛdhra), owl (ulūka), sparrow

hawk (kuliṅgakā), owlet (dhūmikā), honey bazzard (madhuhā), these and other animals and birds belong to the group known as which catch their food by the teeth, tear it and eat (prasahā) [10-12]. Note: This śloka refers to A.H.Su.6/48,49 and with a minor from A.Sam.7(śloka no. 11)

(6)

Massive animals

(mahāmṛga vargaḥ / महामृग वर्गः)

वाराहमहिषन्यङ्कुरुरु रोहितवारणाः ।

सृमरश्चमरः खड्गो गवयश्च महामृगाः । ।13 । । (अ.हृ)

Boar (prasaha), buffalo (mahiṣa), dog deer (nyaṅku), swamp deer (ruru), big deer (rohita), elephant (vāraṇā), Indian wild boar (sṛmara), yak (camara), rhinoceros (khaḍga) and gayal, ox (gavaya) are known as animals of huge body (mahāmṛga)[13].

(7)

Birds, animals floating on water

(apcara vargaḥ / अप्चर वर्गः)

हंससारसकादम्ब बककारण्डवप्लवाः ।

बलाकोत्क्रोच चक्राह्वमद्गुक्रौञ्चादयोऽप्चराः । ।14 । । (अ.हृ)

Swan (haṃsa), Indian crane (sārasa), grey legged goose (kādamba), heron (baka), kāraṇḍa (white-breasted goose), pelican (plavā), crane (balāka), utkroca, pond heron (kraunca), ruddy sheldrake (cakra), small cormorant (madgu) etc., are known as aquatic birds (apcara)[14].

(8)

Aquatic animals

(matsya vargaḥ / मत्स्य वर्गः)

मत्स्या रोहितपाठीन कूर्मकुम्भीरकर्कटाः ।

शुक्तिशङ्खोद्र शम्बूक शफरी वर्मिचन्द्रिकाः । ।15 । । (अ.हृ)

चुलूकिनक्रमकरशिशुमारतिमिङ्गलाः ।

राजीचिलिचिमाद्याश्च मांसमित्याहुरष्टधा । ।16 । । (अ.हृ)

Red fish (rohita), boal (pāṭhīna), tortoise (kūrma), gavial, alligater (kumbhīra), crab (karkaṭā), pearl mussel (śukti), conch shell (śaṅkha), otter (udra), common snail (śambūka), large glistening fish (śapharī), a kind of cat fish (varmi candrikā) are aquatic animals.[15]. Porpoise, seahog (culūki), crocodile (nakra), crocodile (makara), dolphin (śiśumāra), (whale, shark (timiṅgalā), snake fish (rājī), red striped fish (cilicimā) and others belong to the group of fishe (matsya). Thus eight kinds of source of meat are enumerated[16].

(9)

Goats and sheep

(- / -)

योनिष्वजावी व्यामिश्रगोचरत्वादनिश्चिते ।

आद्यान्त्या जाङ्गलानूपा मध्यौ साधारणौ स्मृतौ । ।17 । । (अ.हृ)

Goats and sheep are not included in any particular group because of their mixed heredity and living in all types of habitats (arid, marshy etc.). Out of the eight groups mentioned above, the first three (mṛga, viṣkira and pratudā) are also known as jāṅgala; the last three (mahāmṛga, apcarā and matsya) are also called ānūpa; the middle two (bileśaya and prasaha) are known as sādhāraṇa[17].

(10)

Wild animal meat

(jāṅgalamāṁsa guṇāḥ / जाङ्गलमांस गुणाः)

तत्र बद्धमलाश्शीता लघवो जाङ्गला हिताः ।

पित्तोत्तरे वातमध्ये सन्निपाते कफानुगे । ।18 । । (अ.हृ)

The meat of the animals from arid region (jāṅgala) group is the best, they produce hard faeces, are cold, easy to digest and effective in fever caused by vitiation of all the three doṣa (sannipāta) with extremely aggravated pitta, moderately vitiated vāta and mild increase of kapha[18].

(11)

Appreciation of meat

(māṁsa prāśastyam / मांस प्राशस्त्यम्)

शाकाः समस्ताः खलु कन्दमूलफलानि सर्वामयकारणानि ।

मांसं तु मांसस्य विवर्धकं स्यात्सेवेत तस्माद्वपुषो हिताय । ।19 । ।

Different types of vegetables such as tubers, roots, fruits are capable of casusing morbidity. Meat aids growth of muscular

tissue in the body. So, intake of meat is advisable for the wellbeing of the body[19].

(12)

Animals, birds

(nānāvidha mṛgapakṣi vargaḥ / नानाविध मृगपक्षि वर्गः)

भूमौ चरन्ति गगने विचरन्ति केचिद्वने चरन्ति सक (फ)लेषु मृगादयोऽमी ।
तेनात्र तत्र कथयाम्यशुभान् शुभांश्च पूर्वैर्यथा निगदितं मुनिभिस्तथैव । ।20 । ।

Some living creatures move in the sky, some walk on earth (ground), some roam about in the forest, some dwell in water. Now, I shall explain the advantages and disadvantages caused by intake of meat of afore said animals as narrated by ancient seers[20].

(13)

Types of Animals and birds

(nānāvidha mṛgapakṣivarga niruktiḥ / नानाविध मृगपक्षिवर्ग निरुक्तिः)

प्रसहक्षितिशाय तोयजाताः प्रतुदानूपसविष्करम्बुगाश्च ।
मुनयोऽपि हि जाङ्गलोत्यितहा प्रवदन्त्यष्टविधं विशिष्टमांसम् । ।21 । ।
प्रसह्य ये संपरिभक्षयन्ति तेन प्रसिद्धा प्रविधाभिधानाः ।
बिलेशयाख्या बिलवासिनो ये जलप्रसूना जलजा भवन्तु । ।22 । ।
प्रत्युद्य ये ते प्रविधाभिधानास्त्वानूप तोये प्रवदन्ति तेऽमी ।
आनूपसंज्ञापरिजायतोऽपि ये विष्किरास्ते जगति प्रसिद्धाः । ।23 । ।
जले चराः स्युर्जलचारिणोऽपि स्थलोद्गता जाङ्गलचारिणश्च ।
इत्यष्टधा योनिरयं प्रदिष्ट सर्वामिषाणामिह भोजनाय । ।24 । ।

Prasaha, kṣitiśāya, toyajātā, pratuda, ānūpa, viṣkarā, ambugā, jāṅgala are eight types of meat told by maharṣis. Prasaha means to catch their food (by the teeth, tear it and eat). Bileśaya means which live in burrows. Those who live near water are jalaja. Pratuda are birds which peck food and eat. Ānūpa means which live near water. Viṣkirā (birds which scratch the ground with their legs and pick up their food) are known worldwide. Jalacara (aquatic birds) in other places are jāṅgalacāriṇa also. In this way, consumable meat is of 8 types[21-24].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

जाङ्गलं च तथानूपं साधारणमिति त्रिधा ।
मांसमाहुरथैणादि गुरुलाघव भेदतः । ।25 । ।

Meat is of three basic types- arid region (jāṅgala), marshy land (ānūpa), and moderate (sādhāraṇa). Then again, the meat of deer (eṇa), etc, is categorised into heavy (guru) and light (laghu) [25].

(14)

Deer meat

(aiṇamāṁsa guṇāḥ / ऐणमांस गुणाः)

एणमांसं च मधुरं सकषायं हिमं लघु ।
कटुपाकं त्रिदोषघ्नं वृष्यं बृंहणमुत्तमम् । ।26 । ।

The meat of a deer (eṇa) is sweet, astringent, cold, easy to digest, pungent after digestion, alleviates tridoṣas, and is an aphrodisiac and effective nourishing agent[26].

(15)

Female deer meat

(hariṇamāṁsa guṇāḥ / हरिणमांस गुणाः)

सुस्वादु पाके पललं हरिण्या विषापहं स्यान्मनसः प्रियं च ।
विबन्धविण्मूत्रकरं सुगन्धि पुष्टिप्रदं शीतलमामन्ति । ।27 । ।

Meat of female deer (hariṇa) is very tasty, sweet after digestion, removes poison, pleasing to mind, causes constipation, increases formation of urine, has good aroma, imparts nourishment and is cold[27].

(16)

Deer meat

(aiṇamāṁsa guṇāḥ / ऐणमांस गुणाः)

ऐणेयं मधुरं चोष्णं लघु दीपनरोचनम् ।28 ।

The meat of deer (ĕṇa) is sweet, hot, easy to digest, kindles appetite and enhances taste[28].

(17)

Kuraṅga meat

(kauraṅgamāṁsa guṇāḥ / कौरङ्गमांस गुणाः)

कौरङ्गं कुरुते पुष्टिं दीपनं लघुरोचनम् ।29 ।

The meat of deer (kuraṅga) imparts nourishment, kindles appetite, is easy to digest and is tasty[29].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

चारुष्कप्रभवं मांसं वातपित्तविनाशनम् ।

रोचनं मधुरं प्रायः कृशानां पुष्टिवर्धनम् । ।30 । ।

Meat of cāruṣka/kṣudramr̥ga (a small animal which moves fast according to Nighaṇṭu, maybe a type of deer) alleviates vāta and pitta, is tasty and sweet, and provides nourishment to those who are emaciated[30].

(18)

Male buffalo meat

(jāṅgalamahīṣamāṁsa guṇāḥ / जाङ्गलमहिषमांस गुणाः)

निस्सारं रुच्यपललं श्लेष्मलं गुरु बृंहणम् ।

बहुशः सेवितं कुर्यादामं च ग्रहणीगदम् । ।31 । ।

The meat of wild male buffalo is devoid of nutrients, tasty, aggravates kapha, is hard to digest, and imparts nourishment. Excessive intake of its meat causes indigestion (āma vikāra) and disorders of the lower gastrointestinal tract [31]. Note: Palalam= Beef from buffalo (Yenubotu in Telugu).

(19)

Four horned antelope meat

(mr̥gamātr̥kamāṁsa guṇāḥ / मृगमातृकामांस गुणाः)

शीतोऽसृक्पित्तशमनी विज्ञेया मृगमातृका ।

सन्निपातज्वरश्वासकासहिध्मारुचिप्रणुत् । ।32 । ।

The meat of four-horned antelope (mr̥gamātr̥kā) is cold and alleviates epistaxis and pyrexia due to three doṣas: difficult breathing, cough, singultus and anorexia[32].

(20)

Rabbit meat

(śaśamāṁsa guṇāḥ / शशमांस गुणाः)

कटुः शशः पाके ग्राही हिमं रूक्षाग्निदीपनमम् । ।33 । ।

The meat of rabbits is easy to digest, pungent after digestion, and water absorbent, causing constipation, cold, dryness and igniting digestive fire[33].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

वृष्यं बृंहणमग्निदीपनकरं बल्यं वयःस्थापनम् ।

चक्षुष्यं क्षयरोगिणां हितकरं पित्तातुराणामपि । ।34 । ।

मेहानां निवहं निहन्ति मधुरं किञ्चित्कषायान्वितम् ।

पथ्यं स्यात्पललं शशस्य मृदुलं संसेवितं ग्राहि तत् । ।35 । ।

Meat of rabbit is aphrodisiac, nourishing, ignites digestive fire, promotes strength, arrests the ageing process, good for eyes and to those suffering from consumption; treats polyuria and disorders due to pitta; It is sweet with slight astringent flavor, wholesome. It is very soft and water absorbent[34-35].

(21)

Goat meat

(ajāmāṁsa guṇāḥ / अजामांस गुणाः)

आजं बलासशमनं च विदाहि रूक्षं स्याद्वातरक्तमचिरेण निहन्ति वृष्यम् ।

कासं महोदरयक्ष्मगुल्म पाण्डुप्रमेहमददाहान् करोति सद्यः । ।36 । ।

Meat of goat alleviates kapha, induces burning sensation, is dry, relieves rheumatism due to vitiated blood instantly. It is aphrodisiac, generates tussis, ascites, consumption, abdominal lump, anaemia, diabetes, intoxication and burning sensation[36].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

आजं मांसं बृंहणं स्वादु पथ्यं स्निग्धं बल्यं गुल्मदुर्नामहारि।
हन्याद्दोषानाशु देहस्य कान्तिं कुर्याद्वह्नेः पाटवं लाघवं च।।37।।

Meat of goat is nourishing, sweet, wholesome, unctuous, strengthening, relieves abdominal lump, haemarrhoids and alleviates doṣas instantly; imparts glow to the body, ignites digestive fire and causes lightness to the body[37].

(22)

Male goat meat

(puruṣājāmāṃsa guṇāḥ / पुरुषाजामांस गुणाः)

आजं स्यात्पललं समीरणहरं दुर्नामदुर्नाशनम्
पित्तघ्नं कफशोषणं वितनुते कायाग्निसन्दीपनम्।।38।।
हृद्यं गुल्महरं कषायकरसं श्वासं च कासं जये।
च्छेलाध्मानमहोदरादिषु हितं काठिन्यदं पूजितम्।।39।।

Meat of male goat alleviates vāta, pitta and dries kapha, ignites digestive fire, astringent in taste, strengthens the heart, effective in alleviating haemarrhoids, difficult breathing, tussis, abdominal lump, colic, distension, ascites; imparts hardness[38-39].

(23)

Sheep meat

(āvimāṁsa guṇāḥ / आविमांस गुणाः)

स्यादाविकं गुरु तनोति बलासमूत्रं शुक्रं बृंहण मशीतल मत्रवातम्।
हृत्पाण्डु गुल्मजठरप्रशमं विपाके क्षारं कवोष्णमनिलं च करोति सद्यः ।।40।।

Meat of sheep is hard to digest, aggravates kapha, increase formation of urine and semen, provides nourishment, cold; alleviates heart diseases, anaemia, abdominal lump, ascites; is alkaline after digestion, slightly hot and swiftly vitiates vāta[40].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

गुरु स्यादाविकं मांसमपथ्यं दोषकोपनम्।
दुर्नामदुःख जननं ग्रहणी दोषकारणम्।।41।।

The meat of sheep is hard to digest, unwholesome aggravates doṣas, and generates haemorrhoids and diseases of the lower gastrointestinal tract[41].

(24)

Male sheep meat

(meṣamāṁsa guṇāḥ / मेषमांस गुणाः)

मेषामिषं बलकरं गुरुवातनिबर्हणम्।
कफं विधत्ते पृ(वृ)षदां तदंडानि विशेषतः।।42।।

The meat of sheep improves strength, is hard to digest, alleviates vāta, and aggravates kapha. Testicles of sheep are particularly aphrodisiac[42].

(25)

Wild boar meat

(vārāhimāṁsa guṇāḥ / वाराहिमांस गुणाः)

मेदः स्थौल्यं मूत्रलं स्वादु यक्ष्मपित्तं हन्याद्भेदि
वाराहिमांसम्।43।

Meat of wild boar aids formation of fatty tissue, imparts obesity, is diuretic, sweet, alleviates consumption and diseases of pitta, breaks hard faeces and helps purgation[43].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

सूकरो रोहिताभस्तु वृष्यश्शीतबलावहः।।44।।

Meat of pig is similar to rohita, it is aphrodisiac, cold and imparts strength[44].

(26)

Village boar meat

(grāmasūkaramāṁsa guṇāḥ / ग्रामसूकरमांस गुणाः)

ग्रामसूकरपललं विनिन्दितं धिक्करोति जठरानलोदयम्।
वायुसञ्चयकरं कफप्रदं पित्तगर्वनिधनाय सेवितम्।।45।।

Meat of village boar is nindya (not good/ to be prohibited), disgusting, stimulates

digestive fire, aggravates vāta and kapha, alleviates pitta[45].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

ग्रामकूलो गुरुर्वृष्यः स्निग्धो बृंहणरोचनः ।46 ।

The meat of village boar (grāmakūla) is hard to digest, aphrodisiac, unctuous, nourishing and tasty[46].

(27)

Buffalo meat

(mahiṣamāṁsa guṇāḥ / महिषमांस गुणाः)

स्निग्धोष्णमधुरो वृष्यो माहिषस्तर्पणो गुरुः ।

निद्रापुंस्त्वबलस्तन्य वर्धनो मांसदार्ढ्यकृत् । ।47 । ।

Meat of buffalo is unctuous, hot, sweet, aphrodisiac, satiating, hard to digest: improves sleep, virility, strength, breast milk and firmness of muscles[47].

(28)

Cow meat, beef

(gomāṁsa guṇāḥ / गोमांस गुणाः)

विषमज्वरमत्यग्निं शुष्ककासं च पीनसम् ।

कार्श्यश्रमानिलान् हन्ति गोमांसं बृंहणं गुरु । ।48 । ।

Meat of cow relieves intermittent fever, excessive hunger, dry cough; rhinitis, emaciation, physical exhaustion and disorders of vāta vikāra; it imparts nourishment and is hard to digest[48].

(29)

Yak meat

(cāmaramāṁsa guṇāḥ / चामरमांस गुणाः)

चामरश्शीतमधुरो लघुर्ग्राही हिमोऽनिलः ।49 ।

Meat of yak (camari) is cold, sweet, easy to digest, water absorbent and vitiates vāta[49].

(30)

Cāruṣka māṃsa

(cāruṣkamāṁsa guṇāḥ / चारुष्कमांस गुणाः)

चारुष्कं वातपित्तघ्नं लघु सन्दीपनं परम् ।50 ।

Meat of cāruṣkaṃ alleviates vāta and pitta. It is hard to digest kindles appetite. (a type of deer is also named as cāruṣkaṃ) [50].

(31)

Śarabha māṃsaṃ

(śarabhamāṁsa guṇāḥ / शरभमांस गुणाः)

शरभश्च गुरुर्वृष्यो सन्निपातहरस्सरः ।51 ।

The meat of śarabha is hard to digest, is aphrodisiac, and alleviates pyrexia caused by three doṣas and laxative [51].

(32)

Nyaṅkumāṃsa

(nyaṅkumāṃsa guṇāḥ / न्यङ्कुमांस गुणाः)

न्यङ्कुश्शीतश्च वृष्यश्च बलमांसविवर्धनः ।52 ।

The meat of nyaṅku is cold, aphrodisiac, and improves strength and musculature[52].

(33)

Rhinoceros meat

(khaḍgamāṁsa guṇāḥ / खड्गमांस गुणाः)

खड्गश्च स्थैर्यकृद्वातशीतबृंहणरोचनः ।53 ।

The meat of rhinoceros imparts firmness, vitiates vāta, and is cold, nourishing and tasty[53].

(34)

Beef

(gāvamāṁsa guṇāḥ / गावमांस गुणाः)

गावं हि बृंहणं शीतं पित्तहृन्मांसवर्धनम् ।54 ।

The meat of cow beef is nourishing, cold, alleviates pitta and improves muscle tissue[54].

(35)

Elephant meat

(vāraṇamāṁsa guṇāḥ / वारणंमांस गुणाः)

वारणं स्थैर्यकृद्वातपित्तकृद्बृंहणो गुरु ।55 ।

The meat of elephants imparts firmness, aggravates vāta and pitta; is nourishing and hard to digest[55].

(36)

Camel meat

(auṣṭramāṁsa guṇāḥ / औष्ट्रमांस गुणाः)

ग्रहण्यर्शोहरं चौष्ट्रं सोऽयं मांसविवर्धनम् ।56 ।

The meat of camel relieves disorders of the lower gastrointestinal tract and

haemorrhoids and aids the growth of muscular tissue[56].

(37)

Horse meat

(aśvamāṁsa guṇāḥ / अश्वमांस गुणाः)

अश्वो बलकरश्शोष ग्रहण्यर्शोविकारजित् ।57 ।

The meat of a horse provides strength, and relieves emaciation, disorders of the lower gastrointestinal tract and haemarrhoids [57].

(38)

Mule meat

(aśvataramāṁsa guṇāḥ / अश्वतरमांस गुणाः)

दीपनो(शीतलो)ऽश्वतरः पाके कटुको मांसवर्धनः ।58 ।

The meat of mule kindles appetite is pungent after digestion and develops muscle tissue[58].

(39)

Leopard meat

(dvīpīmāṁsa guṇāḥ / द्वीपीमांस गुणाः)

द्वीपीरुदोग्धं ग्रहणीदोषशोफं नियच्छति ।59 ।

The meat of leopard (dvīpī) alleviates disorders of the lower gastrointestinal tract and oedema[59].

(40)

Tiger meat

(vyāghramāṁsa guṇāḥ / व्याघ्रमांस गुणाः)

व्याघ्रो बल्यः कफकरः शोषार्शोघ्नोऽ ग्निदीपनः ।60 ।

The meat of a tiger improves strength, aggravates kapha, and treats emaciation and haemarrhoids, stimulates body fire[60].

(41)

Lion meat

(siṁhamāṁsa guṇāḥ / सिंहमांस गुणाः)

सिंहोऽतिबलकृद्वृष्यः स्निग्धोऽर्शःशोषदोषजित् ।61 ।

The meat of a lion is extremely strengthening, aphrodisiac, unctuous, and relieves haemorrhoids and emaciation[61].

(42)

Bear meat

(rukṣamāṁsa guṇāḥ / ऋक्षमांस गुणाः)

लवणानुरसो रूक्षो बृंहणोऽर्शः क्ष्ययापहः ।62 ।

The meat of bear (ṛkṣa) is salty, dry, and nourishing; it pacifies haemorrhoids and consumption[62].

(43)

Monkey meat

(vānaramāṁsa guṇāḥ / वानरमांस गुणाः)

क्षयकृद्वानरोऽर्शोघ्नो बलकृद्ग्रहणीप्रणुत् ।63 ।

The meat of monkeys causes emaciation, imparts strength, and relieves haemorrhoids and disorders of the lower gastrointestinal tract [63].

(44)

Jackal meat

(jambūkamāṁsa guṇāḥ / जम्बूकमांस गुणाः)

जम्बूकस्यामिषं स्निग्धं मधुरं सकषायकम् ।64 ।

Meat of jackal (jambūka) is unctuous, sweet and astringent[64].

(45)

Cat meat

(mārjāramāṁsa guṇāḥ / मार्जारमांस गुणाः)

मार्जारो रोगराजघ्नो ग्रहण्यर्शोहरो गुरुः ।65 ।

The meat of cats (mārjāra) alleviates rogarāja (consumption), disorders of the lower gastro-intestinal tract, haemorrhoids and is hard to digest[65].

(46)

Wolf meat

(vṛkamāṁsa guṇāḥ / वृकमांस गुणाः)

ग्रहण्यर्शोहरः स्निग्धो रोगराजहरो वृकः ।66 ।

The meat of wolf /jackal/ fox (vṛka) is useful in disorders of the lower gastrointestinal tract, haemorrhoids, consumption (rogarāja) and is unctuous[66].

(47)

Spotted deer meat

(stārakamāṁsa guṇāḥ / स्तारकमांस गुणाः)

दुर्नामक्षयरोगघ्नस्तारको मांसवर्धनः ।67 ।

The meat of spotted deer (stāraka) heals haemorrhoids, and consumption and helps the development of muscular tissue[67].

(48)

Jackel meat

(jambūkamāṁsa guṇāḥ / जम्बूकमांस गुणाः)

क्षयघ्नो जम्बुकस्स्वादु जीर्णार्शोग्रहणी गुरुः ।68 ।

Meat of jackal (jambūka) relieves consumption, chronic haemorrhoids, disorders of lower gastro-intestinal tract ; is sweet and hard to digest[68].

(49)

Hedge hog meat

(śvāvimāṁsa guṇāḥ / श्वाविमांस गुणाः)

श्वाविच्छीतो गुरुस्निग्धो बृंहणो वातपित्तनुत् ।69 ।

The meat of hedgehog (śvāvid) is cold, hard to digest, unctuous, nourishing and pacifies vāta and pitta[69].

(50)

Iguana lizard meat

(śuktigodhāmāṁsa guṇāḥ / शुक्तिगोधामांस गुणाः)

शुक्तिगोधामिषं वृष्यं बृंहणं तन्निदोषनुत् ।70 ।

The meat of iguana lizard (godhā) is aphrodisiac, nourishing and alleviates tridoṣas[70].

(51)

A type of rat meat

(gandhamūṣikamāṁsa guṇāḥ / गन्धमूषिकमांस गुणाः)

हिमस्निग्धो गुरुर्वृष्यो बृंहणो गन्धमूषिकः ।71 ।

The meat of gandhamūṣika type of rat is cold, unctuous, hard to digest, aphrodisiac and nourishing[71].

(52)

Mongoose meat

(nakulamāṁsa guṇāḥ / नकुलमांस गुणाः)

बृंहणस्त्वेव नकुलो वृष्यो विषनिषूदनः ।72 ।

Meat of mongoose is nourishing, aphrodisiac, removes poison[72].

(53)

Squirrel meat

(talāṭamāṁsa guṇāḥ / तलाटमांस गुणाः)

तलाटो मधुरः स्निग्धो बृंहणो कफमूत्रकृत् ।73 ।

The meat of talāṭa (squirrel) is sweet, unctuous, nourishing, aggravates kapha and is a diuretic[73].

(54)

Mongoose meat

(babhrumāṁsa guṇāḥ / बभ्रुमांस गुणाः)

बभ्रुश्च बृंहणः स्निग्धो राजयक्ष्मगदोत्थजित् ।74 ।

The meat of mongoose (babhru) is nourishing, unctuous, and useful in relieving consumption and its complications[74].

(55)

Domestic rat meat

(mūṣikamāṁsa guṇāḥ / मूषिकमांस गुणाः)

मूषिको मोहहृद्बल्यः शोफार्शोग्रहणीप्रणुत् ।75 ।

The meat of domestic rats (mūṣika) treats delusion, haemorrhoids, and disorders of the lower gastrointestinal tract and imparts strength[75].

(56)

Female rat meat

(lopākamāṁsa guṇāḥ / लोपाकमांस गुणाः)

लोपाको ग्रहणीं राजयक्ष्माणं च निहन्ति तत् ।76 ।

The meat of female rats (lopāka) alleviates disorders of the lower gastrointestinal tract and consumption[76].

(57)

Frog meat

(bhekamāṁsa guṇāḥ / भेकमांस गुणाः)

भेको गुरूष्णः स्निग्धश्च कफवातहरः परम् ।77 ।

The meat of frogs (bheka) is hard to digest, hot, unctuous and effective in alleviating kapha and vāta[77].s

(58)

Iguana meat

(godhāmāṁsa guṇāḥ / गोधामांसगुणाः)

गोधाग्निकृद्बृंहणं च मधुरं पित्तहृत्सरम् ।78 ।

The meat of iguana (godhā) ignites the digestive fire, nourishing, sweet, pacifies pitta and is laxative[78].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

गोधा पूर्वमुपोषितातिमधुरा लघ्वी विधत्ते शमम् ।
वायोः पित्तविनाशनी कफकरी धीः पुष्टिसंवर्धिनी । ।79 । ।
हृद्या सर्व विषारि सेवनतया नेष्टा सदा सेवने ।
कैश्चित्सर्वविरोधिनीति कथिता नेष्टा विपाके कटुः । ।80 । ।

The meat of iguana (godhā), which had no diet previously (on fasting) is very sweet, easily digestible, alleviates vāta and pitta, aggravates kapha, improves intellect and imparts nourishment, good for the heart, pacifies all types of poison but should not be consumed always/frequently. Some believe it should never be consumed and is pungent after digestion[79-80].

(59)

Snake meat

(ahimāṁsa guṇāḥ / अहिमांस गुणाः)

अहिस्तिक्तो विषहरं क्रिमिघ्नो बृंहणस्सरः ।81 ।

The snake's meat (ahiḥ) is bitter, pacifies poison and worm infestation, and is nourishing and laxative[81].

(60)

Garden lizard meat

(kṛkalasamāṁsa guṇāḥ / कृकलासमांस गुणाः)

कृकलासो रसे तिक्तः पित्तश्लेष्महरो गुरुः ।82 ।

The meat of garden lizard (kṛkalāsa) is bitter, alleviates pitta, kapha and is hard to digest[82].

(61)

Domestic lizard meat

(gṛhagodhāmāṁsa guṇāḥ / गृहगोधामांस गुणाः)

गृहगोधा च चक्षुष्या बृंहणा दीपनी परा ।83 ।

The meat of domestic lizards (gṛhagodhā) is useful in improving eyesight, nourishing and effectively kindling appetite[83].

इति द्रव्यरत्नावल्यां मृगमांसवर्गः समाप्तः

Thus ends the description of a group of animal meat in Dravyaratnāvali..

22. BIRD MEAT GROUP

Vihaṅgavargaḥ / विहङ्गवर्गः

Now, the description of a group of meat of birds.

(1)

Bustard quail meat

(lāvukamāṁsa guṇāḥ / लावुकमांस गुणाः)

लावो बलकरश्शीतो लघुर्बृंहणदीपनः ।1 ।

The meat of bustard quail (lāvuka) is cold, easy to digest, imparts strength and nourishment, and kindles appetite[1].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

लावश्चतुर्धा बलवर्णवृत्ताः कोष्ठाग्निसुस्वादुरसाः कषायाः ।

भिदन्ति रोगत्रितयस्य कोपं पथ्या विपाके कटुका मनोज्ञाः । ।2 । ।

The meat of bustard quail (lāvuka) promotes strength, complexion, and digestive fire. It is sweet and astringent in taste, useful in treating three types of diseases (vāta, pitta, kapha), wholesome, pungent after digestion, and is pleasing to the mind[2].

(2)

Male bustard quail meat

(puṁlāvukamāṁsa guṇāḥ / पुंलावुकमांस गुणाः)

श्वासाग्निमान्द्यारुचिकोपहन्ता शीतोऽतिबल्यस्तनुतेऽङ्गपुष्टिम् ।

दोषत्रयघ्नो मधुरो मनोज्ञः पुंलावुको हन्ति समस्तजूर्तिम् । ।3 । ।

The meat of male bustard quail relieves difficulty in breathing, diminished digestive fire, anorexia, vitiated doṣas; It is cold, imparts extreme strength, and nourishment to the body parts, alleviates three doṣas, is sweet, pleasing to mind and wholesome in all diseases[3].

(3)

Partridge meat

(tittirimāṁsa guṇāḥ / तित्तिरिमांस गुणाः)

सितासिताभ्यां वर्णाभ्यां लक्षितस्तित्तिरिर्द्विधा ।

तत्रैकः श्यामलः पथ्यः श्वेतः कफगदार्तिहृत् । ।4 । ।

परं समस्तेषु वदन्ति तित्तिरिं सरक्ततुण्डीं सितकृष्णभासुराम् ।

मेदोऽग्निशुक्रातिबलासकारणं त्रिदोषवैवर्ण्यहरं विबन्धनुत् । ।5 । ।

आनूपतश्च क्षितिभागचारि स्निग्धो गुरुः पुष्टिकरस्स एव ।

सकासहिक्का श्रमवातहारि स्यात्तित्तिरिः श्वासहरस्सितश्चेत् । ।6 । ।

Partridge birds (Tittiri) are of two types: black and white. The meat of blackbirds is wholesome, while that of white ones pacifies diseases due to kapha. Birds with red beaks, which are white and black in colour, are effective in treating all types of diseases. It increases fat, digestive fire and the formation of semen, aggravates kapha, alleviates discolouration caused by tridoṣa and relieves constipation. Birds habituated in marshy lands (ānūpa deśa) relieve physical exhaustion and diseases of vāta. White birds pacify difficulty in breathing[4-6].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

तित्तिरिर्बृंहणः स्निग्धो बलमेदोऽग्निशुक्रकृत् ।7 ।

The meat of partridge bird (tittiri) is nourishing, unctuous, and strengthening, it increases fat, digestive fire and semen[7].

(4)

Krakara-type partridge meat

(krakaramāṁsa guṇāḥ / ककरमांस गुणाः)

त्रिदोषशमनः स्वादुः ककरो व्रणहा लघुः ।8 ।

The meat of krakara type partridge bird alleviates tridoṣas, is sweet, heals wounds and is easy to digest[8].

(5)

Kapiñjala type of partridge meat

(kapiñjalamāṃsa guṇāḥ / कपिञ्जलमांस गुणाः)

कपिञ्जलो गुरुः स्निग्धो दीपनस्सर्वदोषहा ।9 ।

The meat of kapiñjala type of partridge bird is hard to digest, unctuous, kindles appetite and pacifies all doṣas[9].

(*)

Variant text

(granthāntare / ग्रन्थान्तरे)

लावः स्थूलविचित्रवर्णरचितो रूक्षस्तु किञ्चिद्भवेत् ।

पित्तासृक्कफरोगिणां हितकरः कायाग्निसंवर्धनः । ।10 । ।

चक्षुष्यो मधुरः कपिञ्जलधवः संसृष्टसर्वेन्द्रियः ।

तं केचित्प्रवदन्ति तित्तिरिसमं पुष्टिप्रदं रोचनम् । ।11 । ।

The meat of male kapiñjala type of partridge which has variegated colors and is big in size is slightly dry, effective in pacifying pitta, rakta and kapha diseases, promotes digestive fire, good for eyes and five sense organs (indriyā) and is sweet. Some opine that it's meat is akin to tittira, it imparts nourishment and is tasty [10-11].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

उद्यच्छशाङ्कारुणपिञ्जलाङ्ग स्याद्बिन्दुभिः कुन्दनिभैर्विचित्रैः ।
मनोज्ञरूपं खलु क्रकरोऽस्य मांसं निहन्यात्पवनं सपित्तम् । ।12 । ।

The meat of krakara type partridge which has speckled spots of red and black like the rising moon on its body parts, which has variegated colors like buds of jasmine (kundanibhairvicitraiḥ) and pleasing looks, alleviates all diseases of vāta associated with pitta[12].

(6)

Cakora meat

(cakoramāṁsa guṇāḥ / चकोरमांस गुणाः)

चकोरोऽग्निकरो वृष्यो बद्धविट्को गुरुर्हिमः ।13 ।

The meat of cakora stimulates digestive fire,is aphrodisiac, causes constipation, is hard to digest and cold[13].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

आनीलमूर्धासितचारुपक्षः श्यामाङ्गपृष्ठः प्रथितश्चकोरः । मांसं तदीयं मधुरं मनोज्ञं शीतं विपाकं कटुकं वदन्ति । ।14 । ।

Cakora is a bird with blue colour body, black wings and dark-hued back. Its meat is sweet, pleasing to heart/stomach, cold and pungent after digestion[14].

(7)

Partridge meat

(tittiramāṁsa guṇāḥ / तित्तिरिमांस गुणाः)

गुरू रूक्षो लघुतरो मृदुरग्निविवर्धनः ।15 ।

The meat of a partridge bird is hard to digest, dry, very easy to digest, imparts softness and increases digestive fire[15].

(8)

Bāhu bird meat

(bāhupakṣimāṃsa guṇāḥ/ बाहुपक्षिमांस गुणाः)

बाहुरत्यग्निशमनः शीतलः पित्तरोगजित् ।16 ।

The meat of bāhu alleviates aggravated digestive fire, it is cold and pacifies pitta-related disorders[16].

(9)

Vātuka bird meat

(vātuka guṇāḥ / वातुक गुणाः)

वातुको मधुरस्निग्धो कफपित्तहरो गुरुः ।17 ।

The meat of vātuka is sweet, unctuous, hard to digest, and alleviates kapha and pitta[17].

(10)

Button quail meat

(vartakamāṁsa guṇāḥ / वर्तकमांस गुणाः)

वर्तकः पित्तशमनः स्निग्धो बद्धमलो लघुः ।18 ।

The meat of vartaka (button quail) alleviates pitta, is unctuous, easily digestible and causes constipation[18].

(11)

Vartikā bird meat

(vartikamāṁsa guṇāḥ / वर्तिकमांस गुणाः)

ईषद्गुरुर्वर्तिका च स्निग्धा बृंहणदीपनी ।19 ।

The meat of vartikā is slightly hard to digest, unctuous, nourishing and kindles appetite [19].

(12)

Gonarda bird meat

(gonardamāṁsa guṇāḥ / गोनर्दमांस गुणाः)

तिलाङ्कित इवाङ्गः स्याद्गोनर्दो नीलतण्डुलः ।
वातपित्तहरो रुच्यः कफहा वह्निदीपनः । ।20 । ।

Gonarda has speckled spots on the body similar to sesame and blue grains; The meat of the Siberian crane (gonarda) alleviates vāta, pitta and kapha, enhances taste and ignites digestive fire [20].

(13)

Krakara bird meat

(krakaramāṁsa guṇāḥ / क्रकरमांस गुणाः)

क्रकरो वातपित्तघ्नः स्निग्धः श्लेष्मकरो गुरुः ।21 ।

The meat of krakara alleviates vāta, pitta; aggravates kapha; is unctuous and hard to digest[21].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

दीर्घाङ्घ्रयस्तालफलानुवर्णाः मनुष्यवाचा प्रचुरं वदन्ति ।

काश्मीरकाख्या लघुभेदनी या विबन्धमूत्रं जनयन्ति वातम् । ।22 ।

Krakara has long legs, colour of palm fruit and can talk like humans. It is also called as kāśmīraka. Its meat is easily digestible, breaks hard faeces and aids purgation, increases urine and aggravates vāta [22].

(14)

Peacock meat

(mayūramāṁsa guṇāḥ / मयूरमांस गुणाः)

मयूरः श्रोत्रदृष्टीनां हितः स्वरकरो गुरुः ।23 ।

The meat of peacocks is good for ears, eyes and voice; hard to digest[23].

(15)

Krakara bird meat

(krakaramāṁsa guṇāḥ / ऋकरमांस गुणाः)

ऋकरो वातपित्तघ्नः स्निग्धः श्लेष्मकरो गुरुः ।21 ।

Meat of krakara alleviates vāta, pitta; aggravates kapha; is unctuous and hard to digest[21].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

दीर्घाङ्घ्रयस्तालफलानुवर्णाः मनुष्यवाचा प्रचुरं वदन्ति ।

काश्मीरकाख्या लघुभेदनी या विबन्धमूत्रं जनयन्ति वातम् । ।22 ।

Krakara has long legs, colour of palm fruit and can talk like humans. It is also called as kāśmīraka. Its meat is easily digestible, breaks hard faeces and aids purgation, increases urine and aggravates vāta [22].

(16)

Peacock meat

(mayūramāṁsa guṇāḥ / मयूरमांस गुणाः)

मयूरः श्रोत्रदृष्टीनां हितः स्वरकरो गुरुः ।23 ।

Meat of peacock is good for ears, eyes and voice; hard to digest[23].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

दूर्वाश्यामलदीर्घकण्टलसितश्चूडाभिरामा महा ।

मेत्रश्रोत्रहरः स्वरोदयकरः सामान्यपथ्यश्शिखी । ।24 । ।

हेमन्ते शिशिरे वसन्तसमये बल्यो विषाहारतः ।

सोष्णोऽसौ घनकालघर्मशरदां घस्रेषु नेष्टः क्वचित् । ।25 । ।

Peacock is characterised by having long, dark blue (śyāmala) necks resembling grass (dūrvā), beautiful feathers, a pleasant voice and wholesome to eyes and ears. Its meat is wholesome. As it consumes poisonous food, it improves strength when consumed in winter, dewy and spring seasons. It has hot potency and is not advisable to be consumed in rainy, summer, and autumn seasons [24-25].

(17)

Wild peacock meat

(kumbhinīśikhīmāṁsa guṇāḥ / कुम्भिनीशिखीमांस गुणाः)

स्थूलः सपिच्छिलः किञ्चित्समीरणनिबर्हणः ।

गुरुः पुष्टिकरो हृद्यो स्वादुहृत्कुम्भिनी शिखी । ।26 । ।

The meat of forest peacocks is gross, slimy, slightly alleviates vāta, is hard to digest, is nourishing, and sweet, good for the heart [26].

(18)

Land peacock meat

(pṛthvīśikhāmāṁsa guṇāḥ / पृथ्वीशिखामांस गुणाः)

पृथ्वीशिखावलः स्निग्धो वृष्यो बृंहणदीपनः ।27 ।

Meat of land peacock is unctuous, aphrodisiac, nourishing and kindles appetite [27].

(19)

Domestic hen meat

(kukkuṭamāṁsa guṇāḥ / कुक्कुटमांस गुणाः)

वक्त्रप्रान्तसमावलम्बिपललो ग्राम्योद्भवः कुक्कुटः ।

तन्मांसं बलकारि वातशमनं स्निग्धोष्णवीर्यं गुरु । ।28 । ।

श्लेष्माणं वितनोति वह्निशमनं वीर्यातिवृद्धिप्रदम् ।

शस्तं स्वेदविहीनजन्तुनिवह स्वेदत्परं बृंहणम् । ।29 । ।

The meat of domestic hen which is characterized by having drooping flesh near its mouth promotes strength, alleviates vāta, is unctuous, hot in potency, hard to digest, aggravates kapha,

diminishes digestive fire, extremely increases formation of semen, diaphoretic and is good nourishing agent [28-29].

(20)

Wild fowl meat

(kānanakukkuṭamāṁsa guṇāḥ / काननकुक्कुटमांस गुणाः)

हृद्यो लघुः काननकुक्कुटस्य पित्तापहारी मरुतं निहन्ति ।

सरागचित्रो मधुरो विपाके ग्राम्यस्तु किञ्चित्परिभिन्नगात्रः । ।30 । ।

Meat of wild fowl is good for heart, easily digestible, alleviates pitta and vāta; It is variegated with predominant red colour; sweet after digestion. Neck of domestic hen is a bit different [30].

(21)

Varaka bird meat

(varakamāṁsa guṇāḥ / वरकमांस गुणाः)

शीतको वरकः स्निग्धो लघु ग्राह्यनिलापहा ।31 ।

The meat of varaka is cold, unctuous, easily digestible, water absorptive, and pacifies vāta [31].

(22)

Gonarda meat

(gonardamāṁsa guṇāḥ / गोनर्दमांस गुणाः)

गोनर्दो पित्तकृद्ग्राही लघुः शीतोऽतिबृंहणः ।32 ।

The meat of gonarda aggravates pitta, is water absorptive, easy to digest, cold, and extremely nourishing. (gonarda has begguru and sārasa as synonyms in Telugu) [32].

(23)

Meat of domest pigeon

(gṛha kapotaḥ / गृह कपोतः)

शीताः कषाया मधुरा विपाके पुष्टिप्रदाः प्रीणनबृंहणाश्च ।

पित्तास्रकोपे नितरां प्रयोज्याः प्रायः कपोता गृहवासिनोऽपि । ।33 । ।

Meat of domestic pigeon is cold, astringent in taste, sweet after digestion, imparts strength, satiation and nourishment; and effective in diseases of pitta and rakta [33].

(24)

Girivartaka bird meat

(girivartakamāṁsa guṇāḥ / गिरिवर्तकमांस गुणाः)

स्निग्धः शीतश्च मधुरो बृंहणो गिरिवर्तकः ।34 ।

The meat of girivartaka bird is unctuous, cold, sweet, and nourishing [34].

(25)

Śārapadaḥ

(śārapadamāṁsa guṇāḥ / शारपदमांस गुणाः)

लघुशारपदः स्निग्धो वातहृत्कफवर्धनः ।35 ।

The meat of śārapad is easily digestible, unctuous, alleviates vāta, and aggravates kapha [35].

(26)

Black crane meat

मेदोऽनिलकरो हृद्यो धातुहाग्निकरस्सरः ।36 ।

The meat of black crane aids fat formation, aggravates vāta, is good for the heart, causes emaciation of tissues, stimulates digestive fire and is laxative [36].

(27)

Hiraṇyākṣa bird meat

(hiraṇyākṣamāṁsa guṇāḥ / हिरण्याक्षमांस गुणाः)

हिरण्याक्षोऽग्निकृद्वृष्यः स्निग्धो बलकरो गुरुः ।37 ।

The meat of hiraṇyākṣa stimulates digestive fire, is aphrodisiac, unctuous, strengthening, and hard to digest [37].

(28)

Bat meat

(śṛñgāhvā māṁsa guṇāḥ / शृङ्गाह्वा मांस गुणाः)

शृङ्गाह्वा शीतलो ग्राही दुर्गन्धी पैत्यरोगहृत् ।38 ।

The meat of bat (śṛñgāhvā) is cold, water absorbent, has an unpleasant aroma and alleviates diseases of pitta [38].

(29)

Parrot meat

(śukamāṁsa guṇāḥ / शुकमांस गुणाः)

शुकश्शुक्रकरः स्निग्धो मेदोऽग्निबलवर्धनः ।39 ।

The meat of parrot (śuka) increases the formation of semen and fat, ignites digestive fire improves strength, and is unctuous[39].

(30)

Śārikā bird

(śārikāmāṁsa guṇāḥ / शारिकामांस गुणाः)

शारिका मधुरस्निग्धो बृंहणी ग्राहिणी गुरु ।40 ।

The meat of śārikā is sweet, unctuous, nourishing, water absorbent, and is hard to digest [41].

(31)

Laghvī bird meat

(laghvīmāṁsa guṇāḥ / लघ्वीमांस गुणाः **)**

लघ्वी वातहरा ज्ञेया गुर्वी च मधुरा स्मृता ।42 ।

The meat of laghvī alleviates vāta, which is hard to digest and sweet[42].

(32)

Cuckoo meat

(kokilamāṁsa guṇāḥ / कोकिलमांस गुणाः **)**

कोकिलो बलकृद्वृण्यो वलीपलितनाशनः ।43 ।

Meat of cuckoo (kokila) promotes strength, and complexion, removes wrinkles and diminishes greying of hair[43].

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

आनीलकान्तिः परभृत्स्वरेण वियोगिनीनां हृदयं दुनोति ।

तस्यामिषं स्वादु करोति कम्पं समीरणघ्नं बलपुंस्त्वकारि । ।43 । ।

Cuckoo (kokila) is characterised by blue coloured body, sweet voice which burns (with pain) the heart of the lovers who are in separation. The meat of cuckoo is sweet, induces tremors, alleviates vāta, and improves strength and virility.

(33)

Harīta bird meat

(hārītamāṁsa guṇāḥ / हरीतमांस गुणाः **)**

हारीतः पित्तकृद्वल्यो लघुरग्निविवर्धनः ।44 ।

The meat of harīta vitiates pitta, imparts strength, is easily digestible, and stimulates digestive fire[44].

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

हरित एष खगो मृदुलज्वलस्त्वलितचुंचुपुटो हरितच्छविः ।

निगदितो गदनिर्मथनक्षमः प्रचुरपावकपालनलम्पटः । ।45 । ।

The meat of harīta is very soft. It has a beak-like flame and green luster. It is attributed to the property of relieving diseases. It regulates highly aggravated pitta (pāvaka) [45].

(34)

Wild pigeon meat

(kapotamāṁsa guṇāḥ / कपोतमांस गुणाः **)**

कपोतः कठिनो रूक्षो दुर्जरो वातपित्तहा ।46 ।

The meat of wild pigeons is hard, dry, and takes a long time to digest; it alleviates vāta and pitta[46].

(35)

Pigeon meat

(pārāvatamāṁsa guṇāḥ / पारावतमांस गुणाः **)**

पारावतो गुरुतरो कफमेदोविवर्धनः ।

नानावर्णावजनितं कान्तापारावतं स्मृतम् । ।46 । ।

तन्मांसं रक्तपित्तघ्नं कफमेदो विवर्धनम् ।47 ।

The meat of pigeons (pārāvata) is very hard to digest, aggravates kapha and promotes fatty tissue. The bird has many colours and is identified as a female pigeon. Its meat pacifies bleeding disorders, aggravates kapha and increases fat[46-47].

(36)

Sparrow meat

(caṭakamāṁsa guṇāḥ / चटकमांस गुणाः **)**

चटकस्सन्निपातघ्नः शुक्लश्लेष्मविवर्धनः ।48 ।

The meat of sparrow alleviates fever due to three doṣas, increases semen production, and aggravates kapha [48].

(37)

Domestic sparrow, male sparrow meat

(veśmakuliṅga evaṃ puṃścaṭaka māṃsa guṇāḥ / वेश्मकुलिङ्ग एवं पुंश्चटक मांस गुणाः)

सरक्तपित्तं विनिहन्ति वेश्मकुलिङ्गकोऽग्निं विनिहन्ति शुक्लम् ।

विशेषतः पुंश्चटको निहन्या द्वातादि दोषान् कृतसन्निपातान् । ।49 । ।

The meat of domestic sparrows (veṣmakuliṅga) pacifies bleeding disorders, diminishes digestive fire and sperm formation. Especially the meat of male sparrow alleviates sannipata caused by all the three doṣa [49].

(38)

Eagle meat

(gṛdhramāṁsa guṇāḥ / गृध्रमांस गुणाः **)**

गृध्रश्छायावहः स्निग्धो वर्ण्यो दुर्नामनाशनः ।50 ।

The meat of an eagle (gṛdhra) imparts glow, is unctuous, enhances complexion, and relieves hemorrhoids [50].

(39)

Cāṣa bird meat

(cāṣamāṁsa guṇāḥ / चाषमांस गुणाः)

चाषः स्निग्धो बलकरः शुक्लकृद्गुरुर्बृंहणः ।51 ।

The meat of cāṣa is unctuous, imparts strength, promotes semen production, and is hard to digest and nourish [51].

(40)

Crow meat

(kākamāṁsa guṇāḥ / काकमांस गुणाः)

वयो बलकरः काको वलीपलितनाशनः ।52 ।

The meat of a crow sustains age, enhances strength, and relieves wrinkles and greying of hair [52].

(41)

Red crow meat

(raktavartmakamāṁsa guṇāḥ / रक्तवर्त्मकमांस गुणाः)

स्निग्धस्त्रिदोषशमनो बृंहणो रक्तवर्त्मकः ।53 ।

The meat of red crow (raktavartmaka) is unctuous, alleviates tridoṣas, and is nourishing[53].

(42)

Wild fowl meat

(upacakrāhvamāṁsa guṇāḥ / उपचक्राह्वमांस गुणाः)

उपचक्राह्वयो वृष्यश्शीतो बलकरो गुरुः ।54 ।

The meat of wild fowl (upacakrāhva) is aphrodisiac, cold, strengthening, and hard to digest[54]. Note: According to Śabdārthadīpika, Upachakrahva means wildfowl/Gampa pulugu in Telugu.

(43)

Rabbit hunting eagle meat

(śaśaghnimāṁsa guṇāḥ / शशघ्निमांस गुणाः)

शशघ्नी सर्ववातघ्नी मूत्रला बलकृद्गुरु ।55 ।

The meat of an eagle that hunts rabbit (śaśaghnī), known as the golden eagle, relieves all disorders of vāta, is diuretic, imparts strength, and is hard to digest[55].

(44)

Bhāsa type eagle meat

(bhāsamāṁsa guṇāḥ / भासमांस गुणाः)

भासः पथ्यतमो वृष्यो ग्राही बृंहणरोचनः ।56 ।

The meat of a type of eagle known as bhāsa is extremely wholesome, aphrodisiac, water absorbent, nourishing and improves taste[56].

(45)

Meat of krukara

(kṛkaramāṁsa guṇāḥ / कृकरमांस गुणाः)

कृकरो मूत्रलो बल्यः शुक्रलः कफपितकृत् ।57 ।

The meat of krukara is a diuretic that improves the strength and formation of semen and aggravates kapha and pitta[57].

(46)

Owl meat

(ulūkamāṁsa guṇāḥ / उलूकमांस गुणाः)

उष्णः स्निग्धोऽत्यतिबल्य उलूको वातनाशनः ।58 ।

The meat of the owl is hot unctuous, gives immense strength, and pacifies vāta[58].

(47)

Wild sparrow meat

(kuliñgakamāṁsa guṇāḥ / कुलिञ्गकमांस गुणाः)

कुलिङ्गको वातहरः शुक्लकृत्सन्निपातहा ।59 ।

The meat of wild sparrow (kuliṅgaka) pacifies vāta, improves semen production and relieves fever caused by tridoṣa[59].

(48)

Dhūmikā bird meat

(dhūmikāmāṁsa guṇāḥ / धूमिकामांस गुणाः)

धूमिका मधुरा स्निग्धा बल्या वातविनाशनी ।60 ।

The meat of dhūmikā is sweet and unctuous, promotes strength and alleviates vāta[60].

(49)

śitāṅga-kuliṅga bird meat

(śītāṅgakuliṅga guṇāḥ / शीताङ्गकुलिङ्ग गुणाः)

शिताङ्गं शीतलं स्यात्स्वल्पश्लेष्मकुलिङ्गता ।

वातपित्तोपशमनं किञ्चिच्छ्लेष्मकरो गुरु । ।61 । ।

The meat of sparrow with white body parts (śitāṅgaṃ) is cold, slightly aggravates kapha, alleviates vāta, pitta, and is hard to digest[61].

(50)

Madhuhā bird meat

(madhuhāmāṁsa guṇāḥ / मधुहामांस गुणाः)

मधुहा शुक्रलो बल्यो वातघ्नः कफपित्तकृत् ।62 ।

The meat of madhuhā aids semen formation promotes strength, alleviates vāta, and aggravates kapha and pitta[62].

(51)

Swan meat

(haṁsamāṁsa guṇāḥ / हंसमांस गुणाः)

हंसो वृष्यतमो बल्यः स्वादुर्वातहरो गुरुः ।63 ।

The meat of Swan (haṃsa) is effectively a better aphrodisiac, imparts strength, is sweet, alleviates vāta and is hard to digest[63].

(52)

Kādamba swan meat

(kādambahaṁsamāṁsa guṇāḥ / कादम्बहंसमांस गुणाः)

कादम्बो बलकृद्रुच्यः शुक्रकृन्मूत्रलो गुरुः ।64 ।

The meat of the kādamba type of Swan improves strength, taste, and semen formation and is a diuretic[64].

(53)

Kādamba swan (with black legs) meat

(kādambhahaṁsamāṁsa guṇāḥ / कादम्भहंसमांस गुणाः)

कादम्बः कफशुक्लकरो वातघ्नो बलकृद्गुरुः ।65 ।

The meat of kādamba swan with black legs vitiates kapha, promotes semen formation, alleviates vāta, strengthens, and is hard to digest[65].

(54)

Sārasa bird meat

(sārasamāṁsa guṇāḥ / सारसमांस गुणाः)

सारसो मधुरः स्निग्धो गुरूष्णो वातनाशनः ।66 ।

The meat of sārasa is sweet, unctuous, hard to digest, hot and pacifies vāta[66].

(55)

Rathāṅga bird meat

(rathāṅgamāṃsa guṇāḥ / रथाङ्गमांस गुणाः)

रथाङ्गनामा मधुरः शुक्रलः कफपित्तकृत् ।67 ।

The meat of rathāṅga is sweet, improves semen formation, and vitiates kapha and pitta[67].

(56)

Balāka bird meat

(balākamāṁsa guṇāḥ / बलाकमांस गुणाः)

बलाकः स्निग्धमधुरो वारुण्या (भवादुः) च विरुध्यते ।68 ।

Meat of balāka is unctuous, and sweet; and not compatible to be taken along with vāruni (madya/ alcohol) [68].

(57)

Plava bird meat

(plavamāṁsa guṇāḥ / प्लवमांस गुणाः)

प्लवो हिमः स्वादुरसो स्निग्धः शुक्लकरो गुरुः ।69 ।

The meat of plava is cold, sweet in taste, unctuous, improves semen production and hard to digest[69].

(58)

śvetavalāka bird meat

(śvetavalākamāṁsa guṇāḥ / श्वेतवलाकमांस गुणाः)

वृष्यः श्वेतवलाकः स्यात्किञ्चिदुष्णो बलावहः ।70 ।

The meat of śvetavalāka is aphrodisiac, slightly hot and promotes strength[70].

(59)

Utkrosa bird meat

(utkrośamāṁsa guṇāḥ / उत्क्रोशमांस गुणाः)

उत्क्रोशो बलकृद्ग्राही गुरूष्णो बलावहः ।71 ।

Meat of utkrośa imparts strength, is water absorbent, hard to digest, hot and alleviates vāta. (Utkrosa is a swan with black and red beak and legs (Sabdhārthadīpika.) [71].

(60)

Aquatic crows meat

(jalakākamāṁsa guṇāḥ / जलकाकमांस गुणाः)

मृदुर्गुरुतरः सिग्धो बृंहणो बलवर्धनः ।72 ।

The meat of aquatic crow is soft, extremely hard to digest, unctuous, nourishing, and strengthening[72].

(61)

Indrāhva bird meat

(indrāhvamāṁsa guṇāḥ / इन्द्राह्वमांस गुणाः)

इन्द्राह्वो मधुरः स्निग्धो ग्राही पित्तानिलापहा ।73 ।

The meat of indrāhva is sweet, unctuous, and water absorbent; it alleviates vāta and pitta [73].

(62)

Blue crane meat

(krauñcamāṁsa guṇāḥ / क्रौञ्चमांस गुणाः)

क्रौञ्चो बद्धमलश्शीतः कफपित्तकरो गुरुः ।74 ।

The meat of blue crane (krauñca) induces constipation, is cold, aggravates kapha and pitta and is hard to digest[74].

इति द्रव्यरत्नावल्यां विहङ्गवर्गः समाप्तः

Thus ends the description of Vihaṅgavarga (group of meat of birds) in Dravyaratnāvali..

23. FISH MEAT GROUP

Matsyavargaḥ / मत्स्यवर्गः

Now, the description of the group of fish meat.

(1)
Lake fish
(sārasasambhavamatsyamāṁsa guṇāḥ /
सारससम्भवमत्स्यमांस गुणाः)

श्लेष्मलाः सरसिसम्भवा गुरुस्वादुवृष्यबलदा रुचिप्रदाः ।
मूत्रलाश्च हृदि सम्भ्रमस्वधा मेहपुष्टिरुधिरप्रदा स्सरा ।।1।।

Meat of fish in lakes (sarasasambhavamatsya) aggravates kapha, hard to digest, sweet, aphrodisiac, strengthening and tasty, diuretic, causes irregular heart beat, confusion (hṛdi sambhrama), induces polyuria, promotes nourishment and blood production, laxative[1].

(2)
River fish
(nadyudbhavamatsyamāṁsa guṇāḥ /
नद्युद्भवमत्स्यमांस गुणाः)

नद्युद्भवा मत्स्यकरास्त्वरुच्याःस्निग्धा विपाके मधुराश्च हृद्याः ।
बल्यानिलश्लेष्महराश्च पथ्याश्चक्षुष्यहास्तन्यकराः प्रशस्ताः ।।2।।

Meat of river fish induces anorexia, is unctuous, sweet after digestion, good for heart,imparts strength, alleviates vāta and śleṣma, wholesome, not good for eyes, aids production of breast milk[2].

(3)
Well fish
(kūpodbhavamatsyamāṁsa guṇāḥ /
कूपोद्भवमत्स्यमांस गुणाः)

कूपोद्भवाः पित्तकरास्त्वरुच्याः पाके कटूष्णा विशदाः कफघ्नाः ।
रूक्षानिलघ्ना लघुरक्तपित्त प्रमेहदुर्नाम करास्त्वरुच्याः ।।3।।

Meat of fish living in wells aggravates pitta, not tasty, pungent after digestion, hot, clears obstruction in channels, alleviates kapha, vāta, is dry, easily digestible; triggers bleeding disorders, diabetes, haemorrhoids and is not tasty[3].

(4)
Pond fish
(taṭākamatsyamāṁsa guṇāḥ / तटाकमत्स्यमांस गुणाः **)**

तटाकमत्स्याः गुरुबृंहणीयाः स्निग्धास्सुशीता
वृषदास्त्वमूत्राः।4।

Meat of fish from pond is hard to digest, nourishing, unctuous, cold, aphrodisiac and causes obstruction to urine[4].

(5)
Fish from streams or water falls
(taṭākavannirjharaja Matsya māṁsa guṇāḥ /
तटाकवन्निर्झरजमत्स्यमांस गुणाः)

तटाकवन्निर्झरजास्तु मत्स्याश्चक्षुश्चिरायुश्च बलप्रदाश्च ।5।

The meat of fish from streams or waterfalls (nirjhara) is similar in properties to that of fish from taṭāka (pond), suitable for eyes, increases life span and promotes strength[5].

(6)
Deep wells, puddles, and large wells fish
(vāpi śauṇḍī dīrghikā matsyamāṁsa guṇāḥ /
वापीशौण्डीदीर्घिकामत्स्यमांस गुणाः)

वापीशौण्डी दीर्घिकात्यूर्ध्ववायु स्निग्धा वृष्या मूत्रलाश्चापि मत्स्याः ।
पाके चाम्लाः पित्तलाश्चाग्निमान्द्य
कुष्ठाष्ठीलानाहगुल्मप्रदाश्च ।।6।।

Fish from deep-wells (vāpī), puddles (śauṇḍī), large wells (dīrghikā) are unctuous, aphrodisiac, diuretic, sour after digestion, aggravates pitta, diminishes digestive fire; induces integumentary disease, prostatic enlargement, distension and abdominal lump[6].

(7)
Fish to be consumed in different seasons
(ṛtvanusāra matsyasevanavidhiḥ / ऋत्वनुसार मत्स्यसेवनविधिः **)**

शिशिरे सारसमत्स्याः शस्ता नद्युद्भवाश्च वासन्ते ।
ग्रीष्मतौ शौण्ड्याः प्रावृट्काले तटाकसम्भूताः ।
शरदि च निर्झरजाता हेमन्ते कूपसम्भवाः प्रोक्ताः । ।7 । ।

It is believed that it is good to consume fish from lakes (sārasa) in dewy season (śiśira), from rivers (nadī) in spring (vasanta), from puddles (śauṇḍyā) in summer (grīṣma), from (ponds) (taṭāka) in prāvṛṭ (early rains), from nirjhara (streams) in autumn (śarad) and those from wells (kūpa) in winter (hemanta)[7].

(8)
General qualities of fish meat
(matsyamāṁsasāmānyaguṇāḥ / मत्स्यमांससामान्यगुणाः **)**

कफपित्तकरा मत्स्याः परं पवननाशनाः ।8 ।

Normally fish aggravate kapha and pitta and alleviate vāta[8].

(9)
Sea fish
(sāmudramatsyamāṁsa guṇāḥ / सामुद्रमत्स्यमांस गुणाः **)**

सामुद्रा गुरवः स्निग्धा मधुरा नातिपित्तलाः ।
उष्णवातहरा वृष्याः वर्चस्याः श्लेष्मवर्धनाः । ।9 । ।

The meat of sea fish is hard to digest, unctuous, sweet, doesn't vitiate pitta more, is hot, pacifies vāta, is aphrodisiac, promotes complexion (varcas), and aggravates kapha[9]

(10)
Red fish
(lohitamatsyamāṁsa guṇāḥ / लोहितमत्स्यमांस गुणाः **)**

बृंहणा लोहिता मत्स्या हृद्या रोचिष्णवो मताः ।10 ।

Red fish meat is nourishing, good for heart and tasty[10].

(11)
Pāṭhīna type of fish
(pāṭhīnamatsyamāṁsa guṇāḥ / पाठीनमत्स्यमांस गुणाः **)**

पाठीनो मृदुलस्निग्धमेहशुक्रकरो गुरुः ।11 ।

Meat of pāṭhīna is soft, unctuous, triggers polyuria, promotes semen production and is hard to digest[11].

(12)
Small fish
(kṣudramatsyamāṁsa guṇāḥ / क्षुद्रमत्स्यमांस गुणाः **)**

क्षुद्रमत्स्या बलकरा मृदव श्शुक्रवर्धनाः ।12 ।

Meat of kśudramatsya (small fish) imparts strength, soft, promotes semen[12].

(13)
Fish which resembles the seed of pumpkin
(kūṣmāṇḍa bīja sadṛṣa matsyamāṁsa guṇāḥ / कूष्माण्डबीजसदृशमत्स्यमांस गुणाः **)**

कूष्माण्डबीजसदृश मत्स्याः श्लेष्मला मताः ।13 ।

Fish which resemble the seeds of pumpkin vitiate kapha[13].

(14)
Śmaśrumatsya
(śmaśṛmatsyamāṁsa guṇāḥ / श्मश्रुमत्स्यमांस गुणाः **)**

श्मश्रुमत्स्यास्तु लघवो वृष्या मत्स्याः वराः परम् ।14 ।

Śmaśrumatsyā (a type of prawns) are easily digestible, aphrodisiac, enhance taste and have better properties than fish[14].

(15)
Sikatā fish
(sikatāmadhyagamatsyamāṁsa guṇāḥ / सिकतामध्यगामत्स्यमांस गुणाः **)**

सिकतामध्यगा मत्स्याश्श्वेता रुच्या मनोहराः ।15 ।

Sikata type of fish (fish from sand) are white, tasty and pleasing to mind[15].

(16)
Śabarī
(śabarīmatsyamāṁsa guṇāḥ / शबरीमत्स्यमांस गुणाः **)**

शबरी श्लेष्मला हृद्या तेजोबलविवर्धना ।16 ।

The meat of śabarī vitiates kapha, is good for the heart, and improves lustre (tejas) and strength[16].

(17)
Pramaḷī fish
(pramalīmatsyamāṁsa guṇāḥ / प्रमलीमत्स्यमांस गुणाः**)**

प्रमली गुरुरुष्णा च कफमेदोविवृद्धिकृत् ।17 ।

Meat of pramaḷī fish is hard to digest, hot, vitiates kapha and promotes fat[17].

(18)
Cilicīma fish
(cilicimāmatsyamāṁsa guṇāḥ / चिलिचिमामत्स्यमांस गुणाः **)**

श्लेष्मलः पित्तलो वृष्यो चिलिचिमस्त्रिदोषकृत् ।18 ।

The meat of cilicīma vitiates kapha and pitta, aphrodisiac and aggravates tridoṣas[18].

(19)
Malabhīti fish
(malabhītimatsyamāṁsa guṇāḥ/मलभीतिमत्स्यमांस गुणाः**)**

मलभीतिर्बलकरः स्निग्धो वृष्यतमो मतः ।19 ।

The meat of malabhīti type of fish promotes strength, is unctuous and extremely aphrodisiac[19].

(20)
Timi fish
(timimatsyamāṁsa guṇāḥ / तिमिमत्स्यमांस गुणाः **)**

तिमिर्बलासकृद्वृष्यो दुर्जरो बृंहणो गुरुः ।20 ।

The meat of the timi type of fish aggravates kapha, is aphrodisiac, takes a long time to digest, is nourishing and is hard to digest[20]. Note: The term "timi (Telugu) is equated with 'noorāma dala chepa' in Sarva Sabda Sambodhini).

(21)
Śalki fish
(śalkimatsyamāṁsa guṇāḥ / शल्किमत्स्यमांस गुणाः **)**

शल्किः स्निग्धो गुरुतरो श्लेष्मपित्तविवर्धनः ।21 ।

The Śalki type fish is unctuous, very hard to digest, and aggravates kapha and pitta[21].

(22)
Sahsradaṃṣṭra fish
(sahasradaṁṣṭramatsyamāṁsa guṇāḥ / सहस्रदंष्ट्र मत्स्यमांस गुणाः **)**

सहस्रदंष्ट्रो बलकृद्गुरुः शुक्रविवर्धनः ।22 ।

The meat of sahsradaṃṣṭra (Sora Mīnu) promotes strength, and semen formation and takes longer to digest[22].

(23)
Toyasarpasama fish
(toyasarpasama matsyamāṁsa guṇāḥ / तोयसर्पसम मत्स्यमांस गुणाः **)**

तोयसर्पसमो मत्स्यः श्लेष्मलो वह्नि वर्धनः ।23 ।

The meat of fish, which resemble water snakes, aggravates kapha and ignites digestive fire[23].

(24)
Śakuli
(śakulī matsyamāṁsa guṇāḥ / शकुली मत्स्यमांस गुणाः **)**

शकुलिर्मधुरो वृष्यः स्निग्धोऽतीव गुरुस्सरः ।24 ।

The meat of śakuli type fish is sweet, aphrodisiac, unctuous, extremely hard to digest, and laxative[24].

(25)
Rājīvamatsya fish
(rājīva matsyamāṁsa guṇāḥ / राजीव मत्स्यमांस गुणा: **)**

राजीवमत्स्योऽतिगुरुः शुक्लश्लेष्मविवर्धनः ।25 ।

Fish named rājīva are very hard to digest, improve semen and aggravate kapha[25]. Note: A fish with broad eyes is known as rājīva in Sarva Sabda Sambodhini).

(26)
Timiṅgala
(timiṅgalamāṁsa guṇāḥ / तिमिङ्गलमांस गुणाः **)**

तिमिङ्गलः श्लेष्मकरो बृंहणो वह्निदूषकः ।26 ।

The Meat of timiṅgala aggravates kapha, imparts nourishment; diminishes digestive fire[26].

(27)
Tortoise meat
(kamaṭhamatsyamāṁsa guṇāḥ / कमठमत्स्यमांस गुणाः **)**

कमठो मधुरः स्निग्धो मृदुर्गुरुतरो हिमः ।27 ।

The meat of kamaṭha (tortoise) is sweet, unctuous, soft, hard to digest and cold[27].

(28)
Crocodile fish
(śiṁśumāramāṁsa guṇāḥ / शिंशुमारमांस गुणाः **)**

शिंशुमारः क्षयकरो बृंहणो बलवर्णकृत् ।28 ।

The meat of crocodile (śiṃśumāra) triggers consumption, it promotes nourishment, strength and complexion[28].

(29)
Kṣudraśiṁśumāra fish
(kṣudraśiṁśumāramāṁsa guṇāḥ / क्षुद्रशिंशुमारमांस गुणाः **)**

शिंशुमारस्तथा क्षुद्रगुणैरल्पान्तरो मतः ।29 ।

The meat of kṣudraśiṁśumāra has fewer desirable attributes than that of a crocodile[29].

(30)
Crab meat
(kulīramāṁsa guṇāḥ / कुलीरमांस गुणाः **)**

कुलीरः परमं वृष्यो बृंहणः प्रीणनो गुरुः ।30 ।

The crab (kulīra) meat is an effective aphrodisiac, improves nourishment satiation and is hard to digest[30].

(31)
Black crab's fish
(kṛṣṇakarkāṭakamāṁsa guṇāḥ / कृष्णकर्काटकमांस गुणाः **)**

कृष्णकर्कटकस्तेषां बल्यस्तृष्णानिलापहा ।
शुक्लसन्धानकृत्सृष्टविण्मूत्रोऽनिलपित्तहा ।।31 ।।

The meat of kṛṣṇakarkaṭaka (black crab) promotes strength, pacifies thirst and vāta, improves semen, aids the union of bones, induces outward movement of faeces and urine, alleviates vāta and pitta[31].

(32)
Sea crab
(samudrakarkāṭakamāṁsa guṇāḥ / समुद्रकर्काटकमांस गुणाः **)**

सामुद्रः कर्कटो भेदी मधुरो भृशदुर्जरः ।32 ।

The meat of sea crab (sāmudra karkaṭa) breaks hard faeces and aids in eliminating faeces (purgative), is sweet and not easily digestible[32].

(33)
Sāmudrapaṅkila fish
(samudrapaṅkilamāṁsa guṇāḥ / समुद्रपङ्किलमांस गुणाः **)**

सामुद्रपङ्किलो मत्स्यो दीपनो बृंहणो लघुः ।
वृष्यः श्रमानिलहरः कासश्वासक्षयापहः ।।33 ।।

The meat of fish named sāmudrapaṅkila stimulates digestive fire, is nourishing, easily digestible, and aphrodisiac; relieves physical exhaustion, Vāta, cough, difficult breathing and tuberculosis[33].

(34)
Snail meat
(śambūkamāṁsa guṇāḥ / शम्बूकमांस गुणाः **)**

शम्बूको मधुरः स्निग्धो वृष्योवातहरो गुरुः ।34 ।

The meat of a common snail (śambūka) is sweet, unctuous, aphrodisiac, alleviates vāta and is hard to digest[34].

(35)
Śukta meat
(śuktamāṁsa guṇāḥ / शुक्तमांस गुणाः)

शुक्तमांसं गुरुतरं बृंहणं कफरोगहृत् ।35 ।

The meat of pearl mussel (śukta) is extremely hard to digest, nourishing and pacifies diseases of Kapha[35].

(36)
Śaṅkhodbhava meat
(śaṅkodbhavamāṁsa guṇāḥ / शङ्खोद्भवमांस गुणाः)

शङ्खोद्भवं मांसमतीव रोचनं वातापहं वृष्यतमं बलासकृत् ।36 ।

Meat of conch shell muscle (śaṅkhodbhava) is very tasty, alleviates Vāta, extremely aphrodisiac and aggravates kapha[36].

(37)
Varāṭajaṃ fish
(varāṭajamāṁsa guṇāḥ / वराटजमांस गुणाः)

वराटजं मांसमतीव रोचनं वातापहं श्लेष्मकरं विशेषात् ।37 ।

Meat of varātaja is very tasty, alleviates vāta and particularly vitiates Kapha[37].

(38)
Ārdramatsyā fish
(ārdramatsyamāṁsa guṇāḥ / आर्द्रमत्स्यमांस गुणाः)

आर्द्रमत्स्या बलकरा वृष्याः बृंहण शुक्रलाः ।38 ।

Meat of raw (fresh) fish imparts strength, is aphrodisiac, nourishes, and increases semen production[38].

(39)
Dry fish
(śuṣkamatsyamāṁsa guṇāḥ / शुष्कमत्स्यमांस गुणाः)

शुष्कमत्स्या बलकरा लघवः कृशकारकाः ।39 ।

The meat of dry fish (śuṣkamatsyā) improves strength, is easily digestible and induces emaciation. Pramāli, Śmaśru, Sakuli are considered best of fish[39].

(40)
Best aquatic meat type
(śreṣṭhajalacaramāṁsa guṇāḥ / श्रेष्टजलचरमांस गुणाः)

सर्वासां मत्स्यजातीनं लोहितः प्रवरो मतः ।
श्मश्रुमत्स्या विशेषेण नकुल्यश्च वरास्तथा । ।40 । ।

Among all types of Fish, lohita is best, prawns (śmaśru Matsya) and nakuli are very best[40].

(41)
General qualities of meat
(sādhāraṇamāṁsa guṇāḥ / साधारणमांस गुणाः)

श्वाविज्जोधाहिभेकाद्या ये जीवा जलसंश्रयाः ।
मर्कटो मृगराड् द्विपो रूक्षा गोखरवाजिनः । ।41 । ।
उष्ट्रमूषक मार्जारव्याघ्रकोष्ट्रतरक्षवः ।
वृकबभ्रुसलोपाको काकचाषस्वभासकाः । ।42 । ।
शशघ्ना गुरवो गृध्रकुलिंगोलूकधूमिकाः ।
मधुरालाबु शकुनमृगास्साधारणाः स्मृताः । ।43 । ।
ईषन्मधुरसाः किञ्चिदुष्णाः किञ्चिच्च मूत्रलाः ।
किञ्चिच्छुक्लकृतं किञ्चित्स्निग्धं च बलप्रदं च । ।44 । ।
किञ्चिद्वातहराः किञ्चित्कफपित्तहरा मताः ।45 ।

śvāviḍ (hedgehog), godhā (iguana lizard), ahi (snake), bheka (frog), etc are organisms which live in water. Meat of markaṭa (monkey), mṛga, dvipa (leopard) is rūkṣā (dry). go (cow), khara (ass), vāji (horse), uṣṭra (camel), mūṣaka (rat), mārjāra (cat), vyāghra (tiger), uṣṭra (camel), tarakṣu, vṛka (jackal), babhru (mongoose), lopāka, kāka (crow), cāṣa (blue jay), bhāsakā (beared vulture), śaśaghnā (golden Eagle) is guru (hard to digest). ghṛdha (vulture), kuliṃga (sparrow), ulūka (owl), dhūmikā (owlet), are madhura (sweet). alābu, śakuna, mṛgā have normal qualities, slightly sweet, slightly hot, slightly diuretic and increase semen formation, slightly unctuous, promote strength and slightly alleviates vāta, pitta, kapha[41-45].

(42)
Arid region animals meat
(jāṅgala māṃsa guṇāḥ / जाङ्गल मांस गुणाः)

स्थलेचराश्च ये केचिन्मृगाः पक्षिगणाश्च ये ।
सर्वे च जाङ्गला प्रोक्ताः बद्धविट्काश्च शीतलाः । ।46 । ।
लघवः सन्निपाते च हिताः पित्ताधिके हिताः ।47 ।

The meat of all animals and birds roaming in jāṅgala deśa (arid region) causes constipation, is cold, easy to digest, and effective in pyrexia due to tridoṣas and in diseases of aggravated Pitta[46-47].

(43)
Marshy land animal meat
(ānūpamāṃsa guṇāḥ / आनूपमांस गुणाः)

स्थलचारिषु मातङ्ग महिषन्यङ्कु सूकराः ।
रुरुरोहित खड्गाश्च सृमरश्चमरस्तथा । ।48 । ।
गवयश्चेति सानूपाः कीर्तिताश्च महामृगाः ।
हंसादयो यथानूपाः पक्षिणो जलचारिणः । ।49 । ।
मत्स्यादयश्च ये केचिच्चरन्ति सततं जले ।
एते ह्यनूपसंज्ञास्तु गुरूष्णाः कफशुक्रदाः । ।50 । ।
स्निग्धाश्च मधुरा बल्या वातघ्ना मेहपित्तलाः ।51 ।

The animals like mātaṅga (elephant), mahiṣa (buffalo), nyaṅku, sūkarā, ruru, rohita, khaḍga, sṛmara, camara, gavaya, etc, which are in anūpa deśa (marshy lands) are called as mahāmṛgā. Similarly, waterbirds like haṃsa, etc, are fishes (jalacara, matsya) which are always in water, are anūpa. These are hard to digest, hot, aggravate kapha, increase semen, unctuous, sweet, promote strength, alleviate vāta, aggravate pitta and trigger polyuria[48-51].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

गर्भिणी च गुरु ज्ञेया सर्वदा मृगपक्षिषु ।
आमशयो गुरुस्तत्र पक्वाधानं लघु स्मृतम् । ।52 । ।
मूर्धा गुरुतरस्तस्मात् स्कन्दोरूरुपगुरुर्मतौ ।
तस्मादल्पं गुरुत्वं च तस्मात्पृष्ठं मुखं ततः । ।53 । ।
कटिकट्याः किञ्चिदूनं तथासक्थ्योश्च गौरवम् ।
रक्तादिसर्वधातूनां गौरवं चोत्तरोत्तरम् । ।54 । ।
गुदं यकृत्पृष्ठमेढ्र वृषणं मांसमेव च ।
पूर्वं पूर्वं लघुतरं गुरु चैवोत्तरोत्तरम् । ।55 । ।
मत्स्यादिकानामपि पूर्वमर्धं संसेव्यमानं गुरुतां विधत्ते ।
तदेव सम्भारसुसंस्कृतं चेल्लघूपदिष्टं निखिलानि तद्वत् । ।56 । ।

Flesh from animals and birds that are pregnant, as well as meat from specific body parts including the stomach, head (extremely hard), shoulders, and thighs (slightly hard), followed by other parts (slightly less hard than previously mentioned parts), the waist, and the calf muscle take longer to digest; mukha is the most difficult component to digest. Blood, muscle, fat/adipose, bone, bone marrow, and śukra are the tissues that are difficult to digest in succeeding order. Intestines are easy to digest. Other parts like the anus, liver, back, penis, and testes are easy to digest in the preceding order and hard to digest in the succeeding order (i.e, guda is laghu of all and vṛṣaṇaṃ is guru of all). The pūrvārdhaṃ (front half) of fish, etc, is very hard to digest. If it is processed with other ingredients and cooked, it is very easily digestible[52-56].

(44)
Salt, turmeric pickled meat pieces
(paṭukhaṇḍamāṁsa guṇāḥ / पटुखण्डमांस गुणाः)

खण्डं खण्डीकृतं मांसं निशा लवणवर्धितम् ।
तच्छुष्कमातपे सद्यः पटुखण्डमिति स्मृतम् । ।57 । ।
तद्रुच्यमग्निकृत्किञ्चिद्बल्यं तृष्णाकरं परम् ।58 ।

Pieces of meat mixed with salt and turmeric, dried in the Sun, are named met pickle pieces (paṭu khaṇḍa). They enhance taste, stimulate digestive fire, slightly strengthen and induce thirst[57-58].

(45)
Marinated and pound meat
(baliśayanagṛhītamāṁsa guṇāḥ / बलिशयनगृहीतमांस गुणाः)

बलिशयनगृहीतं तु जर्झरीकृत्य चामिषम् ।
लुङ्गाम्लदिग्धं सन्तप्तं द्वित्रिश्चापि पुनः पुनः । ।59 । ।
पश्चान्मरिचिसर्पिर्भ्यां संस्कृतं तन्निदोषजित् ।60 ।

Well-pounded meat is marinated (soaked) with tamarind or lemon juice and heated later. This process is repeated 2 to 3 times. It is then

processed with black pepper ghee and made into eatables, which alleviate tridoṣas[59-60].

(46)

Marinated and roasted meat

(śūlaprotamāṁsa guṇāḥ / शूलप्रोतमांस गुणाः)

शूलप्रोतं तु पललं पटु सर्पिर्विमिश्रितम् ।
तप्तमग्नौ तु तद्भक्ष्यं बलपुष्टिरुचिप्रदम् । ।61 । ।

Meat mixed with salt and ghee is roasted on fire with the help of a pointed skewer. It promotes strength, nourishment and taste[61].

(47)

Kebab or kabob

(saṁskṛtamāṁsavaṭaka guṇāḥ / संस्कृतमांसवटक गुणाः)

पिष्ट्वा मांसं सलवणं शर्करामरिचैर्युतम् ।
जीराजमोदलशुनैर्युक्तं पूपलिकानिभम् । ।62 । ।
सर्पिः स्निग्धं परं रुच्यं तन्मांसं वटकं स्मृतम् ।63 ।

Meat blended with salt, sugar, black pepper, cumin, ajwain, and garlic is ground, made into pūpalikā, and cooked with ghee. This is tasty and unctuous and is named māṃsa vaṭakaṃ[62-63].

(48)

Finely minced and well processed meat

(saṁskṛtasusūkṣmamāṁsa guṇāḥ / संस्कृतसुसूक्ष्ममांस गुणाः)

मांसं सुसूक्ष्मं संछिद्यज्येष्ठवारिसमन्वितम् ।
लुङ्गाम्लतक्रसहितं हिङ्गुजीरकसर्पिषा । ।64 । ।
लशुनेन च संस्कृत्य रसवत्सम्प्रकल्पयेत् ।
तद्दीपनीयं रुचिकृत्सर्वरोगनिवारणम् । ।65 । ।

Finely minced meat is combined with jyeṣṭhavāri (rice- water), tamarind, sour buttermilk, asafoetida, cumin, ghee, garlic, etc and cooked to perfection, improves digestive fire, enhances taste and alleviates all diseases[64-65].

(49)

Processed myofibrils

(raktakhaṇḍa guṇāḥ / रक्तखण्ड गुणाः)

छित्वा तु कण्डरां स्तत्र गालितं शोणितं हरेत् ।
दर्व्या विघट्टयन् पक्त्वा पेयं पाकं गते ततः । ।66 । ।
हिङ्गुजीरकसिन्धूत्थ लशुनाद्यैस्सुसंस्कृतम् ।
तद्रक्तखण्डमित्याहुर्बलपुष्टिविवर्धनम् । ।67 । ।

Muscle (tissue) is incised, and blood is filtered. It should be cooked, stirring with a ladle. When it comes to a boil, it is processed with asafoetida, cumin, rock salt, garlic, etc. This is known as rakta khaṇḍaṃ. It improves strength and nourishment[66-67].

(50)

Meat soup

(māṁsarasa guṇāḥ / मांसरस गुणाः)

शुष्यतां व्याधिमुक्तानां शुद्धानां शुद्धिकांक्षिणाम् ।
कृशक्षामक्षतोरस्कक्षीणधात्विन्द्रियौजसाम् । ।68 । ।
दृष्टिश्रवणवह्ल्यायुर्बलवर्णस्वरार्थिनाम् ।
भग्नविशेषसन्धीनां व्रणिनां वातरोगिणाम् । ।69 । ।
प्रीणनस्तर्पणो वृष्यः पथ्यो मांसभवो रसः ।70 ।

Those who are emaciated, relieved from diseases, have undergone purificatory therapies (like emesis, purgation, etc.), those who wish to undergo purification, lean persons, debilitated, chest injured, who are deprived of development of tissue, sense organs and ojas, who desires good vision, hearing, an increase of appetite, long life, strength, good complexion and voice (speech); who are suffering from bone fractures, wounds and vāta roga. All the above meat soups (māmsa rasa) give satisfaction and nourishment. It is aphrodisiac and wholesome[69-70].

(51)

Fermented meat soup

(sāmlamāṁsarasa guṇāḥ / साम्लमांसरस गुणाः)

साम्लमांसरसो वृष्यो बृंहणः पवनापहा ।71 ।

Fermented meat soup is aphrodisiac, nourishing and pacifies vāta[71].

(52)

Pounded and processed meat

(deśavāra guṇāḥ / देशवार गुणाः)

कुट्टितं पललं मांसं नागराजाजिधान्यकैः ।
पटुहिङ्गूषणैर्युक्तं घृतभृष्टसुवासितम् । ।72 । ।
तद्देशवार इत्युक्तो वृष्यो मधुरबृंहणः ।73 ।

Deśavāra is a recipe made by adding ginger, coriander seeds, cumin seeds, salt, and asafoetida to meat and frying it in ghee till the occurrence of pleasant aroma. It is aphrodisiac, sweet and nourishing[72-73].

(53)

Dried meat

(śuṣkamāṁsa guṇāḥ / शुष्कमांस गुणाः)

शुष्कमांसं बलहरं किञ्चिल्लघु च पित्तजित् ।74 ।

Śuṣkamāṃsa (dried meat) diminishes strength, is slightly easy to digest and pacifies Pitta[74].

(54)

Raw meat

(ārdramāṁsa guṇāḥ / आर्द्रमांस गुणाः)

आर्द्रमांसं बलकरं किञ्चिद्गुरु च पित्तजित् ।75 ।

Ārdramāṃsa (fresh/raw meat) improves strength, is slightly hard to digest and alleviates pitta[75].

(55)

Dry Fish powder

(śuṣkamatsyacūrṇa guṇāḥ / शुष्कमत्स्यचूर्ण गुणाः)

शुष्कमत्स्यस्य चूर्णं तु शाकसंस्कारमुत्तमम् ।76 ।

Dry fish powder cooked along with vegetables is excellent[76].

(56)

Pork lard

(vārāhamāṁsasambhūtasarpi guṇāḥ / वाराहमांससम्भूतसर्पि गुणाः)

वाराहमांससम्भूतसर्पिर्गुरु च बृंहणम् ।

भग्नसन्धानकृद्बल्यं श्लेष्मलं गुरु शुक्रकृत् । ।77 । ।

Fat from pig meat is hard to digest, it is nourishing, unites fractured bones, improves strength and semen, and vitiates Kapha [77]. [Lard: Lard is made from 100 per cent animal fat (usually pork) separated from the meat. Most lard is made through a process called rendering, whereby the fatty parts of the pig (such as the belly, butt, and shoulder) are cooked slowly until the fat is melted. This fat is then separated from the meat.]

(57)

Fat/Ghee derived from fish meat

(matsyamāṁsodbhavasarpi guṇāḥ / मत्स्यमांसोद्भवसर्पि गुणाः)

मत्स्यमांसोद्भवं सर्पिः शुक्रकृद्बृंहणं परम् ।78 ।

Fat/ghee from meat of fish promotes semen formation and nourishment[78].

(58)

General qualities of lard

(sarvamāṁsodbhavasneha guṇāḥ / सर्वमांसोद्भवस्नेह गुणाः)

सर्वमांसोद्भवं स्नेहं बृंहणं श्लेष्मलं गुरु ।79 ।

Fat from all sources of meat is nourishing, aggravates kapha and is hard to digest[79].

(59)

Bone marrow with meat

(māṁsānugasarvamajjā guṇāḥ/मांसानुगसर्व मज्जा गुणाः)

मांसानुगस्सर्वमज्जा विशेषाद्बृंहणो गुरुः ।80 ।

Bone marrow from all meat sources is specifically nourishing and hard to digest[80].

(60)

Young animal's meat and fresh meat

(vayaḥstha evaṁ sadyohatamāṁsa guṇāḥ / वयःस्थ एवं सद्योहतमांस गुणाः)

वयःस्थस्य भवेन्मांसं हितं सद्योहतं च यत् ।81 ।

The meat of young animals and that of those which are just slaughtered is wholesome[81].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

सद्योहतं शुद्धमनिन्द्यमांसं सेवेत पुष्टिं मृदुलम् वयःस्थम् ।

त्यजेद्धृषं मेदुरमामशुश्कं स्वयं मृतं रोगविषाम्बुभीताः । ।82 । ।

पुंपूर्वभागो गुरुतां विधत्ते स्त्रियास्तथा पश्चिमसेवितार्धम् ।

योषिच्चतुष्पात्सु गुरुः खगेषु पुनः पुनर्गभवती गुरु स्यात् । ।83 । ।

स्कन्धोरुपृष्टांस कटीसिराःस्यु स्सक्थिं च तद्वद्गुरुतां गतानि ।

आमस्य पक्वाशययोर्गुरुत्वं विद्याद्यथापूर्वमिहाप्रमत्तः । ।84 । ।

यथोत्तरं लोहितमुख्यधातून् गुरुनशेषान्परिभावयेत ।

मांसादमीषत्कफकृद्गुदादि मेढ्रश्च सर्वे गुरवो भवन्ति । ।85 । ।

The meat of animals after immediate slaughtering is good. It imparts nourishment, increases longevity, causes softness and stops ageing. Meat, which is hard and dry, and the meat of animals, which generally die by themselves or due to disease, poison, water, and fear, should be discarded (avoided). Meat from the front part of male animals and the back part of female animals is hard to digest. The meat of females in four-legged animals and in birds and those which are pregnant is hard to digest. Meat

in the succeeding order of shoulders, thighs, back, waist, head, and calf muscle is hard to digest. Among the stomach and intestines, the former is harder to digest than the latter. Likewise, tissues like blood are hard to digest in succeeding order. Muscle tissue slightly vitiates kapha; cloaca, penis, etc, all are hard to digest[82-85].

(61)

Avoidable meat

विषाम्बुव्याधिनिहतममेध्यं च कृशं परम् ।
त्यजेदेवं विधं मांसं चिरकालोषितारुचि । ।86 । ।
पुमान् विहङ्गेषु लघुः स्त्री चतुष्पात्सु चेष्यते ।87 ।

The meat of animals which died due to poison, water and diseases, those which are lean and emaciated, which are kept for a long duration, which have lost their taste, which is vitiated, should be rejected. The meat of males in birds and that of females in four-legged animals is easily digestible[86-87].

(62)

Male and female animal meat

(liṅgabhedena māṁsa guṇāḥ / लिङ्गभेदेनमांस गुणाः)

गुरुः पुमान् पूर्वभागे पश्चिमेऽर्धे मृगे गुरुः ।88 ।

Meat from the front part of male animals and the other half i.e., the back part of female animals, is hard to digest[88].

(63)

Contra-indication for meat intake

(māṁsavarjyāḥ / मांसवर्ज्याः)

नवज्वर्युदरी कुष्ठी मन्दाग्निवान् विषूचिकी ।
अतिस्थूलो विषार्तश्च मांसजातं विवर्जयेत् । ।89 । ।
युक्त्या निषेवितं मांसं अमृतत्त्वाय कल्पयेत् ।
अयुक्त्या भक्षितं चैतत्सर्वरोगकृतं भवेत् । ।90 । ।

Meat and its products are contraindicated to persons suffering from acute fever, ascites, integumentary diseases, decreased appetite, acute gastroenteritis, obesity and poison. When consumed wisely (after assessing advantages and disadvantages), meat is similar to elixir. If consumed unwisely (without assessing its effects), it is the cause of all diseases[89-90].

इति द्रव्यरत्नावल्यां मत्स्यवर्गः समाप्तः

Thus ends the description of the group of fish meat in Dravyaratnāvali.

24. LEAFY VEGETABLES GROUP

Patraśākavargaḥ / पत्रशाकवर्गः

Now, the description of group of different leafy vegetables.

(1)

Goose hen leaves

(vāstukaśāka guṇāḥ / वास्तुकशाक गुणाः)

शाकं वास्तुकमत्युष्णं क्रिमिघ्नं दीपनं लघु। सक्षारं कटु पाके च दोषघ्नं बलकृत्परम्। ।1।।

Goose hen (Vāstuka) is extremely hot, removes worm infestation, kindles appetite, is easy to digest, is alkaline, pungent after digestion, alleviates doṣas and effectively promotes strength[1]. [*Chenopodium album* L.]

(2)

Śukākhyaśākaṃ

(śukākhyaśāka guṇāḥ / शुकाख्यशाक गुणाः)

शुकाख्यशाकं सुस्वादु सक्षारं श्लेष्मकोपनम्।
वापित्तहरं रुच्यं चक्षुष्यं ग्राहि रोचनम्। ।2।।

Śukākhya is very sweet, slightly alkaline, aggravates kapha, alleviates vāta, pitta, improves taste, is good for the eyes, water absorbent and relishing[2].

(3)

Jhillī

(jhillīśāka guṇāḥ / झिल्लीशाक गुणाः)

कटुर्विपाके क्रिमिहृन्मेधाग्निबलवर्धनः ।3।

Jhillī is pungent after digestion removes worms and improves intellect, digestive fire and strength[3].

(4)

Small variety of jhillī

(sūkṣmapatrajhillīśāka guṇāḥ / सूक्ष्मपत्रझिल्लीशाक गुणाः)

झिल्ली समानाखिलवास्तुकेन लघुच्छदा पत्र विशेषपथ्या।
विण्मूत्रबंधानि तनोति रूक्षा समीरकृत्पित्तकफे हिता स्यात्। ।4।।

A variety of jhillī with thin and small leaves has similar properties like other varieties (of jhillī), is wholesome, helps free micturition and defaecation, is dry, aggravates vāta, alleviates pitta and kapha[4].

(5)

Jhillī with big leaves

(vistīrṇapatrayuktajhillīśāka guṇāḥ / विस्तीर्णपत्रयुक्तझिल्लीशाक गुणाः)

विस्तीर्णपत्रा वितनोति झिल्ली सरक्तवर्णा गुरुतां च जन्तोः।
कष्टा शिराबाह्यगदां तनोति पदे पदे सम्परिसेवनेन। ।5।।

Jhillī with big leaves is red in colour, imparts weight gain to living beings, if consumed in excess triggers diseases of head and shoulders[5].

(6)

Purple amaranth

(lūnabāṣpaśāka guṇāḥ / लूनबाष्पशाक गुणाः)

लूनबाष्पं लघुतरमुष्णं पित्तकरं सरम्।
शूलापहं गुल्महरं तथा वस्तिविशोधनम्। ।6।।

Lūnabāṣpaṃ is extremely easy to digest, hot, vitiates pitta, laxative, relieves abdominal colic, lump and cleanses the bladder[6].

(7)

Purple amaranth or Guernsey pigweed

(bāṣpaśāka guṇāḥ / बाष्पशाक गुणाः)

बाष्पशाकं गरहरं तथा वस्तिविशोधनम् (क्रिमिपितकरम् सरम्) ।7।

Bāṣpaśāka pacifies artificial poison, cleanses the bladder, triggers worm infestation, aggravates pitta and is laxative[7]. [*Amaranthus blitum* L.]

(8)

Sthūla bāṣpam

(stūlabāṣpaśāka guṇāḥ / स्थूलबाष्पशाक गुणाः)

स्यात्स्थूल बाष्पमर्शोघ्नमग्निमान्द्यकरं गुरु। नेत्ररोगप्रदं हृद्यं रुच्यं क्रिमिहरं सरम्। ।8।।

Sthūla bāṣpa alleviates haemorrhoids, diminishes digestive fire, is hard to digest, is good for the heart, improves taste, triggers eye diseases (on excess intake), relieves worm infestation and is a laxative[8].

(9)

Nāla bāṣpaṃ

(nālabāṣpaśāka guṇāḥ / नालबाष्पशाक गुणाः)

नालबाष्पं गुरु स्वादु दोषलं क्रिमिहृत्सरम् ।**9** ।

Nāla bāṣpa is hard to digest, sweet, aggravates doṣas, removes worms and is laxative[9].

(10)

Sahasraśāka bāṣpaṃ

(sahasrabāṣpaśāka guṇāḥ / सहस्रबाष्पशाक गुणाः)

सहस्रशाकबाष्पं तु मधुरं पित्तहृद्गुरु ।**10** ।

Sahasraśākabāṣpa is sweet, alleviates pitta and is hard to digest[10].

(11)

Raktabāṣpaṃ

(raktabāṣpaśāka guṇāḥ / रक्तबाष्पशाक गुणाः)

रक्तबाष्पं तु वातघ्नं पित्तश्लेष्मविवर्धनम् ।**11** ।

Raktabāṣpaṃ alleviates vāta, aggravates pitta and kapha[11].

(12)

Kubja bāṣpaṃ

(kubjabāṣpaśāka guṇāḥ / कुब्जबाष्पशाक गुणाः)

कुब्जबाष्पं रुचिकर मचक्षुष्य सरं गुरु ।**12** ।

Kubja bāṣpa (dwarf variety) enhances taste, is not good for the eyes, laxative and hard to digest[12].

(13)

Bāla bāṣpaṃ

(bālabāṣpaśāka guṇāḥ / बालबाष्पशाक गुणाः)

बालबाष्पं दीपनीयं हृद्यं रुचिकरं परम् ।**13** ।

Bāla bāṣpa kindles appetite, good for heart and is very tasty[13].

(14)

Śvetaśākuṭa

(śvetaśākuṭaśāka guṇāḥ / श्वेतशाकुटशाक गुणाः)

अग्निदीप्तिकरं श्वेतशाकुटं मधुरं सरम् ।

दुर्नामक्रिमिमेहघ्नं कफपित्तहरं हिमम् । ।**14** । ।

Śveta śākuṭa stimulates digestive fire, is sweet, laxative, relieves haemorrhoids, worm infestation and polyuria; alleviates kapha and pitta and is cold[14].

(15)

Śyāmala śākuṭam

(śyāmalaśākuṭaśāka guṇāḥ / श्यामलशाकुटशाक गुणाः)

दुर्नामहृच्छ्यामलशाकुटाख्यो मन्दाग्निविण्मूत्रविबन्धहन्ता ।

पित्तापहानौ गुरुतां तनोति न सेवनीयं कफवातकारि । ।**15** । ।

Śyāmala śākuṭa relieves haemorrhoids, enhances digestive fire, aids elimination of urine and faeces, pacifies pitta; induces heaviness, aggravates kapha and vāta. It should not be consumed in excess[15].

(16)

Basella

(upodakaśāka guṇāḥ / उपोदकशाक गुणाः)

श्लेष्माणम् प्रबलं तनोति पवनं वह्निं च गुर्वी मता ।

हिध्मा स्वादुरसा मदप्रशमनी प्रायेण चोपोदकी । ।**16** । ।

शीता लोचनरोगसम्भ्रमकरी दुष्टास्रपित्तं हरेत्-

तृष्णादाहविनाशिनी रुचिकरी मेदापहा स्रंसिनी । ।**17** । ।

Basella (Upodakī) aggravates kapha and vāta, improves digestive fire, is hard to digest, sweet in taste, effective in treating hiccup, intoxication, chronic bleeding disorders, thirst, burning sensation, obesity and ophthalmic diseases. It is cold, tasty and purgative[16-17]. [*Basella alba* L.]

(17)

Latā upādakākhya

(lataupodakaśāka guṇāḥ / लतौपोदकशाक गुणाः)

उपादकाख्यापि तथाविधा स्यान्निद्राविहीनस्य हिता

लताख्या ।**18** ।

Latā upādaka (creeper) also has similar properties. It is effective for insomnia (lack of sleep) [18].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

स्याद्वल्युपोदका गुर्वी वृष्या रुच्या मनोहरा ।

उपोदकानं प्रवरा लघु किञ्चिद्धिमा सरा । ।**19** । ।

Vallī upodaka (creeper) is heavy, aphrodisiac, tasty and pleasing to the mind. It is best among all other varieties of upodaka, is easy to digest, slightly cold and laxative[19].

(18)

Patravallī upodakā

(patravalyaupodakaśāka guṇāḥ / पत्रवल्यौपोदकशाक गुणाः **)**

उपोदका च स्मृतपत्रवल्ली गुर्वी विदध्यात्कफमग्निमान्द्यम् ।20 ।

Patravallī upodakā is hard to digest, vitiates kapha and diminishes digestive fire[20]

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

तद्वद्राजिलकं स्याद्वृष्या गुरुवरा हिमा ।21 ।

Rājilakaṃ (Patravallī upodakā) is similar to the above. It is aphrodisiac, hard to digest and cold[21].

(19)

Sour basella

(āmlaupodakaśāka guṇāḥ / आम्लौपोदकशाक गुणाः **)**

उष्णा चाम्लरसा तथा गुरुतरा चोपोदकी श्लेष्मला ।

नेष्टा दुर्बलदेहिनां रसकृद्वह्निप्रदा वातला ।।22 ।।

Sour basella (Āmla upodakī) is hot, sour in taste, extremely hard to digest, aggravates kapha, not to be consumed by those who have a weak body, improves taste, promotes digestive fire and vitiates vāta[22].

(20)

Radish

(mūlakaśāka guṇāḥ / मूलकशाक गुणाः **)**

दोषाणां त्रितयं सदा विनिहरेद्य न्मूलकं बालकम् ।

प्रायोऽव्यक्तरसं गुदाङ्कुरहितं गुल्माक्षिरोगापहम् ।।24 ।।

कासघ्नं व्रणशोधनाय जनितं श्वासोर्ध्वरोगान् जये ।

त्तद्वत्कण्ठगदप्रचण्ड मरुचौ जीर्णप्रतिश्यायकम् ।।25 ।।

Radish (mūlakaṃ) alleviates tridoṣas, it has non-specific taste, effective in haemorrhoids, abdominal lump, ophthalmic diseases, tussis, difficult breathing, diseases of upper part of the body, throat disorders, anorexia, chronic rhinitis and aids cleansing the wounds[24-25]. [Raphanus sativus L.]

(21)

Variety of radish

(mahāmūlakaśāka guṇāḥ / महामूलकशाक गुणाः **)**

स्वराग्निसादोदावर्तपीनसां च महत्परम् ।

रसे पाके च कटुकमुष्णवीर्यं त्रिदोषकृत् ।।26 ।।

A variety of radish (mūlaka) is good for voice, ignites the diminished digestive fire, and relieves obstipation and rhinitis; it has a pungent taste and is pungent after digestion, hot in potency and aggravates tridoṣas[26]. [*Raphanus sativus* L.]

(22)

Ārāma jīvanī

(ārāmajīvanīśāka guṇāḥ / आरामजीवनीशाक गुणाः **)**

गुर्वी त्रिदोषशमनी रुच्या चारामजीवनी ।27 ।

Ārāma Jīvanī is hard to digest, alleviates tridoṣa, and enhances taste[27].

(23)

Jīvanī leaves

(anyajīvanīśāka guṇāḥ / अन्यजीवनीशाक गुणाः **)**

सरोचहरितस्तद्वल्गुबाष्पस्त्रिदोषलः ।28 ।

A variety of jīvanī is laxative, green/fresh alike bāṣpa aggravates tridoṣa[28].

(24)

Wild carrot

(gṛñjanaśāka guṇāḥ / गृञ्जनशाक गुणाः **)**

जयति पवनपित्तं गृञ्जनं स्निग्धशीतम् ।

मधुरमलघु रुच्यं बृंहणं शुक्रकृच्च ।।29 ।।

Wild carrot (gṛñjanaṃ) alleviates vāta and pitta, is unctuous, cold, sweet, not easy to digest, tasty, nourishing and improves semen[29].[*Daucus carota* L.]

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

शिग्रुशाको गुरुः स्निग्धः स्वादुरुष्णो विषप्रदः ।

वातपित्तहरो रुच्यः स्तन्यकृन्नेत्ररोगहा ।।30 ।।

Leaves of moringa (śigru śāka) are hard to digest, unctuous, sweet, hot, and poisonous; they alleviate vāta and pitta, are tasty, promote breast milk and relieve ophthalmic diseases[30].

(25)

Bakphul leaves

(agatsyapatraśāka guṇāḥ / अगस्त्यपत्रशाक गुणाः)

अगस्त्यपत्रं कटुकं सतिक्तं गुरु क्रिमिघ्नं वितनोति वातम्।

कण्डूहरं शोणितपित्तहारी स्याद्रूक्षमुष्णं कटुकं विपाके।।31।।

Bakphul Agastya is pungent and bitter, hard to digest, relieves worm infestation, pruritis, epistaxis; aggravates vāta, is dry, hot and is pungent after digestion[31]. [*Sesbania grandiflora* (L.) POIRET]

(26)

Another reading

(pāṭhāntare / पाठान्तरे)

अभिन्यासं हन्याद्विंशदकटुकं पाकवशतो।

गुरूष्णम् तत्प्रायो क्षतजविहितं दीपनकरम्।।32।।

कफघ्नं रूक्षं स्यान्मुनितरुदलं सर्वविष हृ-

द्विसर्पं कण्डूतिं प्रहरति रसे तिक्तमधिकम्।।33।।

Recipes with leaves of munitarudala (Agastya) alleviate abhinyāsa (a type of sannipata jvara), are non-slimy, pungent after digestion, hard to digest, hot, effective in injured persons, kindle appetite, dry; alleviate kapha, all types of poison, acute spreading eruptions, pruritis and are predominantly bitter in taste[32-33].

(27)

Bakphul

(raktāgatsyaśāka guṇāḥ / रक्तागस्त्यशाक गुणाः)

रक्तागस्त्यदलं पथ्यं पैत्यरोगविसर्पिणाम्।34।

Recipes with bakphul (raktāgastya) are wholesome for those suffering from pitta diseases and acute spreading eruptions[34].

(28)

Ash gourd

(kūṣmāṇḍaśāka guṇāḥ / कूष्माण्डशाक गुणाः)

कूष्माण्डशाकं वातघ्नमामघ्नं दीपनं परम्।

सन्निपातज्वरे शोफे विदाहे च प्रशस्यते।।35।।

Ash gourd (kūṣmāṇḍa) leaves alleviate vāta, āma doṣa, kindle appetite, and effectively relieve pyrexia due to three doṣas, oedema and burning sensation[35]. [*Benincasa hispida* (Thunb.) Cogn.]

(29)

Tumbidalaṃ

(tumbidalaśāka guṇāḥ / तुम्बिदलशाक गुणाः)

तद्वत्तुम्बिदलं स्वादु मूत्रलं ग्राहि पित्तजित्।

क्रिमिशूलविषघ्नं च तल्लताश्मरिभेदनम्।।36।।

Recipes with tumbi leaves are sweet, diuretic, and water absorbent, and they alleviate pitta, worm infestation, colic, and poison. Its creeper heals urolithiasis[36].

(30)

Cucumis

(trapusorvāruśāka guṇāḥ / त्रपुसोर्वारुशाक गुणाः)

त्रपुसोर्वारुणी स्वादु गुरुविष्टम्भि शीतलम्।

मुखप्रियं च रूक्षं च मूत्रलं त्रपु संतती।।38।।

Cucumis (Trapusa, urvāru) is sweet, hard to digest, induces constipation and cold; varieties of trapu are healthy for the face, dry and diuretic[38]. [*Cucumis melo* L. var. *momordica* Duthie & Fuller]

(31)

Droṇapuṣpi

(vaikuṇṭha evaṁ kutumbaka śāka guṇāḥ / वैकुण्ठं एवं कुतुम्भक शाक गुणाः)

वैकुण्ठं कटुतिक्तोष्णं क्रिमिगुल्मकफावहम्।

अर्शोविषानिलहरं तद्रूक्षं तु कुतुम्बकम्।।39।।

Droṇapuṣpi (vaikuṇṭhaṃ) is pungent and bitter, hot, and relieves worm infestation, abdominal lump and diseases of kapha. Kutumbakam relieves haemorrhoids, poison, and diseases of vāta and is dry[39]. [*Leucas cephalotes* (Roth.) Spr.]

(32)

Coriander

(kustumburuśāka guṇāḥ / कुस्तुम्बुरुशाक गुणाः)

कुस्तुम्बुरूत्थं मधुरं कषायं शाकं सतिक्तं न करोति पित्तम्।

श्लेष्मानिलघ्नं लघु भेदि रुच्यं वह्निप्रदं मूत्रकरं ज्वरघ्नम्।।40।।

Coriander (kustumburu) are sweet, astringent and little bitter, does not vitiate pitta, alleviate kapha and vāta, easily digestible, aids purgation, improve taste,

stimulates digestive fire, diuretic and pacifie pyrexia[40].[*Coriandrum sativum* L.]

(33)

Ajowan

(yavānīśāka guṇāḥ / यवानीशाक गुणाः)

यवानीपत्रमुष्णम् तु वातश्लेष्मनिबर्हणम् ।41 ।

Recipe with leaves of yavānī is hot and alleviates vāta and kapha[41].

(34)

Sweet fennel

(miśiśāka guṇāḥ / मिशिशाक गुणाः)

मिशिशाकं तु वातघ्नं न च श्लेष्मनिबर्हणम् ।42 ।

Sweet fennel (miśiśākaṃ) alleviates vāta but does not pacify kapha[42].

(*)

Sweet fennel

(śataprasūnaśāka guṇāḥ (variant text) / शतप्रसूनशाक गुणाः (पाठान्तरे))

शतप्रसूनपत्राणि लघूनि जठरानलम् ।

कुर्वन्ति गुल्मं गुदजं कफवातहराणि च । ।43 । ।

Recipe of (Leaves of sataprasūna) is easy to digest, improves digestive fire, induces abdominal lump and haemorrhoids; alleviates kapha and vāta[43].

(35)

Fennel

(ajājiśāka guṇāḥ / अजाजिशाक गुणाः)

अजाजिशाकं कटुकं पित्तकृत्कफवातनुत् ।44 ।

Fennel (ajāji) is pungent, vitiates pitta, alleviates vāta and kapha[44].

(36)

Gardenia leaves

(hiṅgupatrīdala guṇāḥ / हिङ्गुपत्रीदल गुणाः)

हिङ्गु पत्रीदलं रुच्यं कायाग्निबलवर्धनम् ।

हृद्रोगगुल्मशमनं श्लेष्म वातनिबर्हणम् । ।45 । ।

Gardenia (hiṅgupatrī) is tasty, promotes digestive fire and strength, and alleviates heart disease, abdominal lump and disorders due to kapha and vāta. (Hiṅgu patrī is a type of Kāringuva) [45].

(37)

False kalumba

(kalāyaśāka guṇāḥ / कलायशाक गुणाः)

कलाय शाकं सक्षारं कषायं वातकोपनम् ।

गुरुविष्टम्भजननं पुरीष स्यापि वर्धनम् । ।46 । ।

False kalumba (Kalāya) is slightly alkaline and astringent aggravates vāta, is hard to digest, induces constipation and increases the formation of faeces[46]. [*Coscinium fenestratum* (Gaertn.) Coleb.]

(38)

American saffron

(kusumbhaśāka guṇāḥ / कुसुम्भशाक गुणाः)

कुसुम्भ शाकं गुरुचोष्णवीर्यं पित्तं विधत्ते गुरुरूक्षमम्लम् ।47 ।

Kusumbha is hard to digest, hot in potency, aggravates pitta, dry and sour[47]. [Carthamus tinctorius L.]

(39)

Bitter cucumber, Karela

(kāravalliśāka guṇāḥ / कारवल्लिशाक गुणाः)

कारवल्ल्याः कफे पथ्यं शाकं क्रिमिविनाशनम् ।48 ।

Karela (kāravalli) is effective in diseases due to kapha and removes worms[48]. [*Momordica charantia* L.]

(40)

Spine Gourd Teasle Gourd

(karkoṭaśāka guṇāḥ / कर्कोटशाक गुणाः)

कर्कोट शाकं कफपित्तहारि दुर्नामहृद्दीपनरोचनं च ।49 ।

Spine Gourd Teasle Gourd (karkoṭa) alleviates kapha and pitta, relieves haemorrhoids, kindles appetite and is tasty[49] [*Momordica dioica* ROXB. EX WILLD.]

(41)

Kāsarā

(kāsarāśāka guṇāḥ / कासराशाक गुणाः)

कासराख्यं तु यच्छाकं कारवल्ली समं विदुः ।50 ।

Kāsarā has similar properties alike Kāravallī[50].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

त्रिदोषशमनी वृष्या काकमाची रसायनी ।
नात्युष्णशीता पथ्या च भेदिनी कुष्ठनाशिनी । ।**51** । ।

Kākamācī alleviates tridoṣas, is aphrodisiac, promotes rejuvenation, is neither too hot nor too cold, is wholesome, purgative and relieves integumentary disease[51].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

मारीचपत्रं गुरुञ्चोष्णवीर्यं वातापहं श्लेष्महरं तु रुच्यम् ।
ज्वरघ्नमेतत्क्रिमिनाशनं च विषापहं स्यात्कटुकं विपाके । ।**52** ।

leaves of Māricapatraṃ are hard to digest, hot in potency, pacifiy vāta, kapha, pyrexia, worm infestation and poison; tasty and are pungent after digestion[52].

(42)

Mustard leaves

(Sarṣapaśākam / सर्षपशाक)

त्रिदोषकृत्सर्षपशाकमुष्णं गुरुप्रबद्धातिसकृच्छ्रमूत्रम् ।**53** ।

Leaves of mustard aggravate tridoṣa, are hot, hard to digest, cause hard stools and dysuria. [53]. Note: prabaddhātisakṛchramūtram ~ binds faeces and urine.

(43)

Garlic leaves

(laśunaśāka guṇāḥ / लशुनशाक गुणाः)

पित्तलं लशुनं शाकं शूलघ्नं दीपनं कटु ।**54** ।

Garlic vitiates pitta, alleviates colicky pain, kindles appetite and is pungent[54].

(44)

Onion leaves

(palāṇḍuśāka guṇāḥ / पलाण्डुशाक गुणाः)

पलाण्डुशाकं कफकृत्पित्तघ्नं स्रंसनं लघु ।**55** ।

Onion aggravates kapha, alleviates pitta, causes purgation and is easy to digest[55].

(45)

Sour, tender palm sprout

(āmlalatāpatra guṇāḥ / आम्लतापत्र गुणाः)

उष्णमाम्लतापत्रं दीपनं पित्तकोपनम् । आमकण्डूकरं वातं कफं च विनियच्छति । ।**56** । ।

Sour tender palm sprouts (Āmlalatā) are hot, kindle appetite, vitiate pitta, trigger āma and pruritis, and alleviate vāta and kapha[56].

(46)

Mountain mustard, white mustard

(girirājikāśāka guṇāḥ / गिरिराजिकाशाक गुणाः)

पित्तास्रकृत्तीक्ष्णतरं भृशोष्णं शाकं क्रिमिघ्नं गिरि
राजिकायाः ।**57** ।
।

Mountain mustard, white mustard (giri rājikā) triggers epistaxis, is extremely sharp, hot and removes worm infestation[57].

(47)

Cowpea

(rājamāṣaśāka guṇāḥ / राजमाषशाक गुणाः)

राजमाषस्य शाकं तु वातनुच्छ्लेष्मकोपनम् ।**58** ।

Cowpea (rājamāṣa) alleviates vāta, aggravates kapha[58].

(48)

Flat beans and others

(niṣpāvādiśāka guṇāḥ / निष्पावादिशाक गुणाः)

निष्पावमाषद्वयमुद्गशिम्बिपत्रं कुलत्थस्य दलैर्यवाद्यैः ।
क्षारं कषायं मधुरं च रूक्षं त्रिदोषिणां मेहवतां निषिद्धम्
। ।**59** । ।

Recipes with leaves of flat beans (niṣpāva), black gram (māṣadvaya), green gram (mudga), horse gram (kulattha), barley (yava) etc, are alkaline, astringent, sweet and dry. They are contra-indicated in persons with the vitiation of tridoṣas and in polyuria[59]

(49)

Śārṅgārī

(śārṅgārīśāka guṇāḥ / शार्ङ्गरीशाक गुणाः)

शार्ङ्गारी कफवातरक्तशमनी हृद्या परं ग्राहिणी ।
साम्ला गुल्मगुदाङ्कुरप्रशमनी कायाग्निसन्दीपनी । ।**60** । ।
लघ्वी कुक्षिगदान् निहन्ति तरसा रोगाङ्गदुष्टे हिता ।
तत्तद्ग्रहणीविकारमतु(म)लं निश्शेषमुन्मूलयेत् । ।**61** । ।

Śārṅgārī alleviates disorders of kapha, vāta and blood; is cardiotonic, water absorbent, sour, relieves abdominal lump, haemorrhoids, diseases of abdomen and treats diseases of lower gastro intestinal tract completely; ignites digestive fire, easy to digest, effective for body parts which are vitiated (diseased) [60-61].

(50)

Śārṅgārikā

(śārṅgarikāśāka guṇāḥ / शार्ङ्गरिकाशाक गुणाः)

शार्ङ्गारिकास्या वितनोति जन्तोः कान्तिं कफस्यापि समीरणस्य ।
कायानलस्यापि च दुष्टवीर्या सम्पाचनी स्याद्ग्रहणी
गदघ्नी । ।62 । ।

Śārṅgārikā promotes complexion of living beings, aggravates kapha and vāta, improves digestive fire, vitiated semen, aids digestion and pacifies disorders of lower gastro intestinal tract [62].

(51)

Jalanāḍikā

(jalanāḍikāśākā guṇāḥ / जलनाडिकाशाक गुणाः)

वातं विधत्ते जलनाडिकायाः शाको गुरुः श्लेष्मकरः सरश्च ।
विबन्धकृल्लोहितपित्तहन्ता प्रशस्यतेऽत्यग्निमतां
जनानाम् । ।63 । ।

Jalanāḍikā aggravates vāta and kapha, hard to digest, laxative, causes constipation, cures epistaxis and is effective in normalising aggravated digestive fire[63].

(52)

Bāhya nālikā

(bāhyanālikāśākā guṇāḥ / बाह्यनालिकाशाक गुणाः)

यन्नालिका बाह्यगता मनोज्ञा शीता विशेषा मधुरा मनोज्ञा ।64 ।

The tender stem of bāhya nālikā is pleasing to heart, is tasty, cold and sweet[64].

(53)

Nālika śākaṃ

(nālikaśāka guṇāḥ / नालिकशाक गुणाः)

कफवातकरं नालिकशाकं च गुरु शूलकृत् ।65 ।

Nāli aggravates kapha and vāta, which are hard to digest and induce abdominal colic[65].

(54)

Jīvantī

(jīvantīśāka guṇāḥ / जीवन्तीशाक गुणाः)

जीवन्ती बृंहणी कण्ठ्या गुर्वी वृष्या रसायनी ।
चक्षुष्या सर्वदोषघ्नी जीवन्ती मधुरा हिमा । ।66 । ।

Jīvantī is nourishing, good for the throat, hard to digest, aphrodisiac, promotes rejuvenation, good for eyes, alleviates all doṣas, sweet and is cold[66].

(55)

Payasyā

(payasyāśāka guṇāḥ / पयस्याशाक गुणाः)

पयस्या मधुरा वृष्या गुर्वी पित्तप्रणाशिनी ।67 ।

Payasyā is sweet, aphrodisiac, hard to digest and alleviates pitta[67].

(56)

Arkapuṣpikāśākaṃ

(arkapuṣpikāśāka guṇāḥ / अर्कपुष्पिकाशाक गुणाः)

स्यादर्कपुष्पिकाशाकं मधुरं तन्निदोषनुत् ।68 ।

Arkapuṣpikāśāka is sweet and pacifies tridoṣa[68].

(57)

Mukunawanna, water amaranth

(matsyākṣīśāka guṇāḥ / मत्स्याक्षीशाक गुणाः)

पित्ता लोहितनाशिनी लघु हिता तृद्वीडितानां नृणाम् ।
किञ्चित्स्वादुकषायतिक्तरुचिकृत्कृच्छ्रं प्रमेहान् जयेत् । ।69 । ।
तद्वज्जन्तुततिं समीरणकुलं निस्सीममुज्जृम्भितम् ।
मत्स्याक्षी वितनोति शुक्रमधिकं नेत्रोत्सवोत्पाटिनी । ।70 । ।

Mukunawanna, water amaranth (matsyākṣī) relieves epistaxis, is easy to digest, healthy for those suffering from thirst; it is slightly sweet, astringent and bitter, tasty, aids in treatment of dysuria, diabetes, worm infestation and disorders of vāta, improves semen and is good for eyes[69-70]. [*Alternanthera sessilis* (L.) R.Br.Ex Dc.]

(58)

Variant text

(granthāntare / ग्रन्थान्तरे)

मत्स्याक्षिशाकं सकषायतिक्तं रक्तातिसारं विनिहन्ति
शीघ्रम् ।71 ।

Matsyākṣī is astringent and bitter; relieves haemorrhagic dysentery instantly[71].

(59)

Amaranthus

(taṇḍūlīyaśākaguṇāḥ / तण्डूलीयशाक गुणाः)

चक्षुष्यं तण्डुलीयस्य शाकं मेदोहरं लघु ।

रक्तपित्तविषघ्नं च विपाके मधुरम् स्मृतम् । ।72 । ।

Amaranthus (taṇḍulīya) is good for the eyes, diminishes fat, is easy to digest, alleviates epistaxis and poison, and is sweet after digestion[72].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

रूक्षं मदं लोहितपित्तकोपं विषाणि सर्वाणि पयोनिदानः ।

निहन्ति पाके मधुरं सुशीतं परं प्रशस्तं प्रदरामयेषु । ।73 । ।

Amaranthus (taṇḍulīya) is dry, intoxicating, pacifies aggravated bleeding disorders, poison and all kapharogas; is sweet after digestion, cold and is very effective in menstrual disorders[73]. *Amaranthus spinosus* L.

(60)

Spreading hogweed

(punarnavāśāka guṇāḥ / पुनर्नवाशाक गुणाः)

पुनर्नवा वातबलासकासश्वासोदरार्शो गरशोफगुल्मान् ।

निहन्ति सक्षारकटू रसे तिक्ता सरा कृशानोः कृशतां हिनस्ति । ।74 । ।

Spreading hogweed (Punarnavā) pacifies diseases of vāta and kapha, tussis, difficult breathing, ascites, haemorrhoids, artificial poison, oedema, abdominal lump; it is alkaline, pungent and bitter in taste, laxative and ignites diminished digestive fire[74].

(61)

White spreading hogweed

(śvetapunarnavāśāka guṇāḥ / श्वेतपुनर्नवाशाक गुणाः)

श्वेता पुनर्नवा रुच्या शोफघ्नी दीपनी सरा ।

श्लेष्मवात हरा वृष्या पित्तला श्वासकासहा । ।75 । ।

Śvetā punarnavā (white variety of hogweed) is tasty, relieves oedema, difficult breathing and cough; kindles appetite, laxative, aphrodisiac; alleviates kapha and vāta and aggravates pitta[75].

(62)

Coffee senna

(kāsaghnapatra guṇāḥ / कासघ्नपत्र गुणाः)

रूक्षं सरं वातकफौ निहन्ति क्रिमींश्च वह्निं वितनोति पित्तम् ।

कासारुचिश्वासहरं लघूष्णं कासघ्नपत्रं कटुकं विपाके । ।76 । ।

Coffee senna (kāsaghna) is dry, laxative, alleviates vāta and kapha, removes worms, stimulates digestive fire, aggravates pitta, pacifies tussis, anorexia, difficult breathing, easy to digest, hot and pungent after digestion[76]. [*Senna occidentalis* (L.) Link]

(63)

Big Coffee senna

(mahākāsamarda guṇāḥ / महाकासमर्द गुणाः)

स्वादुर्महाकासमर्दस्सतिक्तः कफवातनुत् ।77 ।

Mahākāsamarda is sweet, bitter; alleviates kapha and vāta[77].

(64)

Barbara śākaṃ

(barbaraśāka guṇāḥ / बर्बरशाक गुणाः)

शाकं बर्बरमुष्णवीर्यमनिलप्रध्वंसि पित्तावहम् ।

श्लेष्मघ्नं श्रवणस्य पूति रुधिरप्रध्वंसि पूयापहम् । ।78 । ।

Barbara is hot in potency, alleviates vāta and kapha, aggravates pitta, relieves pus and blood discharge from ears; causes decrease of blood[78].

(65)

Other variety barbara

(anyabarbaraśāka guṇāḥ / अन्यबर्बरशाक गुणाः)

अन्यद्बर्बरमीष दुग्रमनिलश्लेष्मावहं चाग्निकृत् ।

रुच्यं स्वादु क्रिमिप्रणाशनकरं दुर्नाम गुल्मापहम् । ।79 । ।

Other variety Barbara is slightly strong in qualities, alleviates vāta and kapha, stimulates digestive fire, tasty, sweet, relieves worm infestation, haemorrhoids and abdominal lumps[79].

(66)

Snuhyaṅkurā

(snuhyaṅkura guṇāḥ / स्नुह्यङ्कुर गुणाः)

स्नुह्यङ्कुरा वातबलासगुल्मक्रिमीन् जयेदाशु गुदाङ्कुरांश्च ।80 ।

Tender leaves of snuhi swiftly alleviates vāta, kapha, abdominal lump, worm infestation and haemorrhoids[80].

(67)

Wild upodakī

(araṇyopodakī guṇāḥ / अरण्युपोदकी गुणाः **)**

अरण्युपोदकी हृद्या किञ्चिलघुगुणान्विता ।**81** ।

The wild variety of upodakī is good for the heart and has upodakī in low intensity[81].

(68)

Ambhastaṇḍulīyakaḥ

(ambhastaṇḍulīyakaśāka guṇāḥ / अम्भस्तण्डुलीयकशाक गुणाः **)**

ग्राही च दीपनी रुच्या रूक्षाम्भस्तण्डुलीयकः ।

स्पर्शशीतो विषहरो रक्तस्पर्शावहो गुरुः । ।**82** । ।

Ambhaḥ taṇḍulīyakaḥ is water absorbent, kindles appetite, tasty, dry, cold in touch, removes poison, induces blood formation and is hard to digest[82].

(69)

Gaurīśāka

(gaurīśāka guṇāḥ / गौरीशाक गुणाः **)**

गौरीशाकं तु पित्तघ्नं कफवातकरं सरम् ।

शोषदुर्नामहृद्रुच्यं च मूत्राघातिषु सम्मतम् । ।**83** । ।

Gaurīśāka alleviates pitta, aggravates kapha and vāta, is laxative, effective in emaciation, haemorrhoids and urinary retention, and is tasty[83].

(70)

Gaulī

(gaulīśāka guṇāḥ / गौलीशाक गुणाः **)**

गौली गुरुतरा वृष्या किञ्चिदम्ला च भेदिनी ।**84** ।

Gaulī is extremely hard to digest, aphrodisiac, slightly sour and aids purgation[84].

(71)

sūkṣma gaulī

(sūkṣmagaulīśāka guṇāḥ / सूक्ष्मगौलीशाक गुणाः **)**

गौली सूक्ष्मतरा वृष्या रोचनी गुल्मशूलकृत् ।**85** ।

A small variety of gaulī is an aphrodisiac, improves taste, and induces abdominal lump and colic[85].

(72)

Nābhigaulī

(nābhigaulīśāka guṇāḥ / नाभिगौलीशाक गुणाः **)**

नाभिगौली सरा गुर्वी निद्राजाड्यकरी हिमा ।**86** ।

Nābhigaulī is laxative, hard to digest, induces sleep and laziness and is cold[86].

(73)

Alarka

(alarkaśāka guṇāḥ / अलर्कशाक गुणाः **)**

पुष्पाण्यलर्कस्य फलनि पर्णान्यर्शोबलासक्रिमिनाशनानि ।

श्वासं च कासं च निहन्ति मेहान् भेदीनि कुर्वन्त्यरुचिं निहन्ति । ।**87** । ।

Flowers, fruits and leaves of alarka are effective in alleviating haemorrhoids, diseases of kapha, worm infestation, difficult breathing, tussis, polyuria and anorexia; are purgative[87].

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

अलर्कपत्रमारोग्यं तत्पुष्पं धातुवर्धनम् ।

तत्फलं श्लेष्मनाशं च तन्मूलं तु विरेचनम् । ।**88** । ।

Leaves of alarka improve health, flowers aid tissue development, fruits alleviate kapha, and roots cause purgation[88].

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

रक्तपित्तव्रणान् हन्याच्छाकमलर्क सम्भवम् ।

अर्शस्सु गंधकीलेषु पथ्यं स्यात्तद्विशेषतः । ।**89** । ।

Alarka alleviates epistaxis wounds and is particularly wholesome in haemorrhoids and warts skin tags (gandhakīla)[89].

(74)

Bitter snake gourd

(tiktapaṭolaśāka guṇāḥ / तिक्तपटोलशाक गुणाः **)**

तिक्तं पटोलशाकं तु दोषघ्नं ज्वरनाशनम् ।**90** ।

Bitter snake gourd (Tikta paṭola) alleviates doṣas and relieves pyrexia[90].

(75)

Fever nut

(kuberākṣiśāka evaṁ tasya mūla guṇāḥ / कुबेराक्षिमूल गुणाः **)**

अत्युष्णं श्लेष्मनाशं च तन्मूलं तु विरेचनम् ।**91** ।

Kuberākṣī is very hot, alleviates kapha and its root causes purgation[91].

(76)

Bonduc nut leaves

(kuberākṣiśāka guṇāḥ / कुबेराक्षिशाक गुणाः **)**

अत्युष्णं श्लेष्मरोगघ्नं क्रिमिघ्नमनिलापहम् ।

ज्ञेयं तथा कुबेराक्षीशाकं शूलहरं तथा । ।92 । ।

Bonduc nut leaves (Kuberākṣī) are very hot, alleviates diseases of kapha and vāta, worms and colic[92].

(77)

Bitter ivy gourd

(tiktabimbipatra guṇāḥ / तिक्तबिम्बिपत्र गुणाः **)**

तिक्तानि बिम्बस्य कटूनि पाके पत्राणि पैत्यं सकफं हरन्ति ।

तद्वत्त्रिदोषानि लघूनि वातं ग्राहीणि कुर्वन्ति

दृशोर्हितानि । ।93 । ।

Leaves of Bitter ivy gourd (tikta bimbi) are pungent after digestion, alleviate pitta and kapha, pacifiy tridoṣas, easy to digest, vitiate vāta, water absorbent and are good for eyes[93].

(78)

Śārṅgeṣṭa

(śārṅgeṣṭāśāka guṇāḥ / शार्ङ्गेष्टाशाक गुणाः **)**

शार्ङ्गेष्टा ग्रहणी तिक्ता दीपनी वातपित्तला ।

सकषायगुरुश्लेष्मग्रहणी शोफपाण्डुजित् । ।94 । ।

Śārṅgeṣṭa is bitter and astringent, kindles appetite, aggravates vāta and pitta, is hard to digest, alleviates kapha, disorders of the lower gastrointestinal tract, oedema and anaemia[94].

(79)

Jharasī

(jharasīśāka guṇāḥ / झरसीशाक गुणाः **)**

झरसी मूत्रदोषघ्नी वातला पित्तजन्तुजित् ।

मधुरा च सरा तिक्ता शस्ता नित्यमरोचके । ।95 । ।

Jharasī alleviates urinary ailments, aggravates vāta, alleviates pitta, and removes worm infestation; is sweet, laxative, bitter and always effective in anorexia[95].

(80)

Sūkṣmapatra jharasī

(sūkṣmapatrajharasīśāka guṇāḥ / सूक्ष्मपत्रझरसीशाक गुणाः **)**

सूक्ष्मपत्रा तु झरसी तद्वुणा लघु दीपनी ।96 ।

A variety of jharasī with small leaves has the same as that of "Jharasī" properties, is easy to digest and kindles appetite[96].

(81)

Velvet leaf

(pāṭhāśāka guṇāḥ / पाठाशाक गुणाः **)**

पाठाशाकं त्रिदोषघ्नं लघु ग्राह्यग्निदीपनम् ।97 ।

Recipes made with Velvet leaves (pāṭhā) alleviate tridoṣas, are easy to digest, water absorbent and stimulate digestive fire[97].

(82)

Saptalā

(saptalāśāka guṇāḥ / सप्तलाशाक गुणाः **)**

सप्तला कफनुत्तिक्ता शोफारोचकनाशिनी ।98 ।

Saptalā alleviates kapha, oedema, and anorexia, is bitter in taste[98].

(83)

Guḍūcī

(guḍūcīśāka guṇāḥ / गुडूचीशाक गुणाः **)**

गुडूची कफपित्तघ्नी तिक्ता किञ्चित्कषायका ।99 ।

Guḍūcī alleviates kapha and pitta; is bitter and astringent[99].

(84)

Gotu kola

(maṇḍūkaparṇīśāka guṇāḥ / मण्डूकपर्णीशाक गुणाः **)**

मण्डूकपर्णी क्रिमिहृत्कफघ्नी मेधाकरी पित्तहरी च शीता ।

सेवेत नित्यं नियमेन मर्त्यो वाग्देवता नृत्यति तस्य

वक्त्रे । ।100 । ।

Gotu kola (Maṇḍūkaparṇī) alleviates worm infestation, kapha and pitta, improves intellect, cold. For the one who consumes daily in prescribed doses, goddess Sarasvati stays dancing in his mouth (i.e, his words are with full of wisdom)[100]. [*Centella asiatica* (L.) URBAN]

(85)

Headache tree leaf

(takkāriśāka guṇāḥ / तक्कारिशाक गुणाः)

तक्कारी कफवातघ्नी तिक्ता स्रंसनदीपनी ।**101** ।

Headache tree leaf (Takkāri) alleviates kapha and vāta, is bitter, purgative, and kindles appetite[101]. [*Premna serratifolia* L.]

(86)

Pungent vegetable

(Kaṭuśāka / कटुशाक गुणाः)

कटुशाकं क्रिमिहरं तिक्तं कुष्ठकफापहम् ।**102** ।

Kaṭuśāka relieves worm infestation integumentary disease and pacifies kapha; is bitter[102]

(87)

Aloe

(kumārīśāka guṇāḥ / कुमारीशाक गुणाः)

कुमारी शीतला हृद्या शिरोरोगविनाशिनी ।

चक्षुष्या स्रंसिनी चैव मेहकुष्ठकफापहा । ।**103** । ।

Recipes made of aloe are cold, good for the heart, and effectively relieve cephalalgia, polyuria, skin ailments, and kapha disorders; it is good for the eyes and causes purgation[103].

(88)

Muṇḍiśākaṃ

(muṇḍīśāka guṇāḥ / मुण्डीशाक गुणाः)

मुण्डिशाकं लघुतरं दीपनं गुल्मशूलनुत् ।

रुच्यं कफहरं भेदि हन्ति कासगलामयान् । ।**104** । ।

Maṇḍiśāka is extremely easy to digest, kindles appetite, relieves abdominal lump, colic, cough and diseases of the throat; pacifies kapha, improves taste and aids purgation[104].

(89)

East Indian globe thistle

(jalamuṇḍīśāka guṇāḥ / जलमुण्डीशाक गुणाः)

जलमुण्डी गुणैरल्पा किञ्चित्तिक्ता च दीपनी ।**105** ।

Jalamuṇḍī has the same qualities in low intensity, is slightly bitter and kindles appetite[105].

(90)

Sugandhikāsamarda

(sugandīkāsamardaśāka guṇāḥ / सुगधिकासमर्दशाक गुणाः)

सुगन्धिकासमर्दस्तु दीपनश्शोफहृत्सरम् ।**106** ।

Sugandhikāsamarda kindles appetite, relieves oedema and is laxative[106].

(91)

Cakramarda

(cakramardaśāka guṇāḥ / चक्रमर्दशाक गुणाः)

चक्रमर्द तु कुष्ठघ्नं कषायं कटुकं गुरु ।

कण्डूघ्नं वातलं रुच्यं दुर्जरं वह्निसादनम् । ।**107** । ।

Cakramarda is effective in skin ailments, is astringent and pungent, hard to digest, relieves pruritis, vitiates vāta, improves taste, takes a long time to digest, and diminishes digestive fire[107].

(92)

Wild fennel

(araṇyamiśiśāka guṇāḥ / अरण्यमिशिशाक गुणाः)

अरण्यमिशिशाकं तु तिक्तं कुष्ठ क्रिमिप्रणुत् ।**108** ।

Wild fennel (araṇẏamiśi) is bitter and alleviates integumentary disease and worm infestation[108].

(93)

Red Droṇapuṣpi

(vaikuṇṭhaśāka guṇāḥ / वैकुण्ठशाक गुणाः)

वैकुण्ठशाकं कटुकं सतिक्तं दीपनं लघु ।**109** ।

Red Droṇapuṣpi (vaikuṇṭha) is pungent, bitter, kindles appetite and easy to digest[109].

(94)

Large Droṇapuṣpi

(bṛhatvaikuṇṭhaśāka guṇāḥ / बृहद्वैकुण्ठशाक गुणाः)

बृहद्वैकुण्ठशाकं तु गुरु तिक्तं क्रिमिप्रणुत् ।**110** ।

Large Droṇapuṣpi (bṛhadvaikuṇṭhaśāka) is hard to digest, bitter and removes worm infestation[110].

(95)

Ahicchatrodbhava śāka

(ahicchatrodbhavaśāka guṇāḥ / अहिच्छत्रोद्भवशाक गुणाः **)**

अहिच्छत्रोद्भवं शाकं पित्तलं शीतिकापहम् ।**111** ।

Ahicchatra śāka impairs pitta and relieves cold touch on affected body parts[111].

(96)

Bhañjiśāka

(bhañjiśāka guṇāḥ / भञ्जिशाक गुणाः **)**

भञ्जिशाकं मेहहरं श्लेष्मलं पिच्छिलं गुरु ।**112** ।

Bhañjiśāka alleviates polyuria, impairs kapha; is slimy and hard to digest[112].

(97)

Agnimantha

(agnimanthaśāka guṇāḥ / अग्निमन्थशाक गुणाः **)**

अग्निमन्थस्य शाकं तु दीपनं कफजिल्लघु।**113** ।

Recipes prepared with leaves of agnimantha kindles appetite, pacify kapha and are easy to digest[113].

(98)

Gāṅgerukā leave

(gaṅgerukapatra guṇāḥ / गङ्गेरुकपत्र गुणाः **)**

गाङ्गेरुकायाः पत्राणि हिमान्यतिगुरूणि च ।

ग्रहणी विंशतिर्मेहान् रूक्षाणि प्रहरन्ति च ।।**114** ।।

Recipe with leaves of gāṅgerukā is cold, extremely hard to digest, treats disorders of the lower gastrointestinal tract, twenty types of urinary ailments and is dry[114].

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

खरशाकं त्वग्निमान्द्य विबन्धाध्मानकारकम् ।**115** ।

Kharaśāka diminishes digestive fire and triggers constipation and abdominal distension[115].

(99)

Somaśāka

(somaśāka guṇāḥ / सोमशाक गुणाः **)**

सोमशाकं कासहरं गुरु क्रिमिहरं परम् ।**116** ।

Somaśāka is hard to digest and effectively alleviates cough and worm infestation[116].

(100)

Śrīhastinī

(śrīhastinīśāka guṇāḥ / श्रीहस्तिनीशाक गुणाः **)**

श्रीहस्तिनी निहन्त्याशु प्रबला अश्मरी रुजः ।

बलासमधिकं कुर्यान्मूत्रं च गुरु गर्हितम् ।।**117** ।।

Śrīhastinī is effective in relieving lithiasis with high-intensity pain instantly, aggravate kapha, is diuretic, hard to digest and condemnable[117]

(*)

Alternate text

(granthāntare / ग्रन्थान्तरे **)**

शाकं मस्तकमञ्जर्याः किञ्चित्तिक्तं सरं गुरु ।**118** ।

Mastakamañjarī śāka is slightly bitter, laxative and is hard to digest[118].

(101)

Vṛnta patra and vṛkṣaghnaśāka

(vṛntapatra evaṁ vṛkṣaghnaśāka guṇāḥ / वृन्तपत्र एवं वृक्षघ्नशाक गुणाः **)**

वृन्तपत्रा रुचिकरा गुरूष्णा कफदायिनी ।

अर्शोविकारजननी गुल्मनेत्रामयप्रदा ।।**119** ।।

वृक्षघ्नशाकं मधुरं श्लेष्मलं पित्तनाशनम् ।**120** ।

Vṛnta patrā is tasty, hard to digest, hot, vitiates kapha, induces haemorrhoids, abdominal lump and ophthalmic diseases. Vṛkṣaghnaśāka is sweet, aggravates kapha and alleviates pitta[119-120].

(102)

Cat tail millet

(veṇupatrikāśāka guṇāḥ / वेणुपत्रिकाशाक गुणाः **)**

यद्वेणुपत्रिकाशाकं मेहपित्तकरं सरम् ।

वृष्यं पुष्टिकरं चैव पित्तलं पिच्छिलं परम् ।।**121** ।।

Cat tail millet (Veṇupatrikāśākaṃ) triggers polyuria, vitiates pitta, is laxative, aphrodisiac, nourishing and very slimy[121]. [*Setaria glauca* Beauv.]

(103)

Lakṣmaṇā

(lakṣmaṇāśāka guṇāḥ / लक्ष्मणाशाक गुणाः **)**

लक्ष्मणा बृंहणी गुर्वी स्वरपुत्रप्रदायिनी ।**122** ।

Lakṣmaṇā imparts nourishment, is hard to digest, good for voice, and helps to procreate good progeny and beget a son[122].

(104)

Ājagada

(ajagadaśāka guṇāḥ / अजगदशाक गुणाः **)**

तद्वदाजगदंधार्या हन्ति रक्तप्रवाहिकाम् ।**123** ।

Ājagadaṃdhāryā has similar properties as the above (like Lakṣmaṇā) pacifies dysentery due to vitiated blood[123].

(105)

Rat ear leaf

(ākhukarṇaśāka guṇāḥ / आखुकर्णिशाक गुणाः **)**

आखुकर्णी सरा रुच्या क्रिमिघ्नी ग्राहिणी लघु ।**124** ।

Rats ear leaf (Ākhukarṇī) is laxative, tasty, removes worm infestation, is water absorbent and easy to digest[124]. [*Merremia emarginata* (burm.) hall.f.]

(106)

Touch-shy plant

(samaṅgāśāka guṇāḥ / समङ्गाशाक गुणाः **)**

समङ्गा ग्राहिणी हृद्यातिसारग्रहणी प्रणुत् ।**125** ।

Touch-shy plant (Samaṅgā) is water absorbent, cardiotonic, and relieves diarrhoea and disorders of the lower gastrointestinal tract[125]. [*Mimosa pudica* L.]

(107)

Little hogweed, or pursley

(loṇikāśāka guṇāḥ / लोणिकाशाक गुणाः **)**

लवणं लोणिकाशाकं चक्षुष्यं तत्त्रिदोषनुत् ।**126** ।

Little hogweed, or pursley (Loṇikāśāka) is salty, good for eyes, alleviates tridoṣa[126]. [Portulaca oleracea L.]

(108)

Sikatā/nāḍikā

(sikatākhya/nāḍikāśāka guṇāḥ /
सिकताख्य/नाडिकाशाक गुणाः **)**

गुर्वी सरा तिक्तकटुस्सिकताख्यापि नाडिका ।**127** ।

Nāḍikā is hard to digest, laxative, bitter and pungent. It is also known as sikatā[127].

(109)

Illiśāka

(illiśāka guṇāḥ / इल्लिशाक गुणाः **)**

इल्लिशाकं सलवणं विदाहि गुरु दोषलम् ।**128** ।

Illiśāka is salty, triggers burning sensation and vitiates doṣas[128].

(110)

Vahniśāka

(vahniśāka guṇāḥ / वह्निशाक गुणाः **)**

अग्निदीप्तिकरं वह्निशाकं क्रिमिहरं परम् ।**129** ।

Vahniśāka (citramūla) kindles digestive fire and effectively relieves worms[129].

(111)

Toyamāgadhika śāka

(toyamāgadhikaśāka guṇāḥ / तोयमागधिकंशाक गुणाः **)**

तोयमागधिकं शाकं तिक्तं पित्तकफाहम् ।**130** ।

Toyamāgadhika śāka is bitter, alleviates diseases of pitta and kapha[130].

(112)

Kuccalī śāka

(kuccalīśāka guṇāḥ / कुचलीशाक गुणाः **)**

मधुरं कुचलीशाकं श्लेष्मवातहरं गुरु ।**131** ।

Kuccalī alleviates kapha and vāta; is hard to digest[131].

(113)

śāka

(śākaguṇāḥ / शाकगुणाः **)**

शाकं पिच्छिलजं श्लेष्मकरं पित्तहरं गुरु ।**132** ।

Sāka is slimy, aggravates kapha, pacifies pitta and is hard to digest[132].

(114)

Amaranth leaves

(rājaśāka guṇāḥ / राजशाक गुणाः **)**

श्वासकासहरं तिक्तं राजशाकं रसायनम् ।**133** ।

Amaranth (rājaśāka) pacifies difficult breathing, cough, is bitter and aids rejuvenation[133]. [*Amaranthus paniculatus* L.]

(115)

Five-leaved chaste tree leaves

(nirguṇḍīśāka guṇāḥ / निर्गुण्डीशाक गुणाः)

निर्गुण्डीशाकमत्युष्णं कफवातहरं सरम् ।**134** ।

Five-leaved chaste tree (nirguṇḍī) leaf curry induces extreme heat, pacifies kapha and vāta; it is laxative[134]. [*Vitex negundo* L]

(116)

Indian acalypha leaves

(hāritamañjarīśāka guṇāḥ / हारितमञ्जरीशाक गुणाः **)**

कासश्वासहरी पित्तकरी रक्तप्रदूषणी ।

आनाहशूलगुल्मार्शो हन्ति हारितमञ्जरी । ।**135** ।

Indian acalypha leaf curry (hāritamañjarī) alleviates cough, difficult breathing, abdominal distension, colic, abdominal lump and haemorrhoids; aggravates pitta and vitiates blood[135]. [*Acalypha indica* L.]

(117)

Karela leave curry

(kaṭhillaśāka guṇāḥ / कठिल्लशाक गुणाः **)**

कठिल्लशाकं श्लेष्मघ्नं रोचनं क्रिमिनाशनम् ।**136** ।

Karela leave curry (Kaṭhillaśākaṃ) is tasty and relieves diseases of kapha and worm infestation. (Kaṭhilla is Pedda Kākara in Telugu) [136]. [*Momordica charantia* L.]

(118)

Caltrop/puncture vine leaf curry

(śvadaṁṣṭrāśāka guṇāḥ / श्वदंष्ट्राशाक गुणाः **)**

निहन्ति पित्तं पवनं च गुर्वी स्वादुर्बलासं कुरुते श्वदंष्ट्रा ।**137** ।

Caltrops, devil s thorn leave curry (Śvadaṃṣṭrā) alleviates pitta and vāta, hard to digest, sweet and aggravates kapha[137]. [*Tribulus terrestris* L.]

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

श्वदंष्ट्रा बृंहणी वृष्या त्रिदोषशमनाग्निकृत् ।

पत्रकृच्छ्राश्मरीशूलप्रमेहविनिवारिणी । ।**138** । ।

Śvadaṃṣṭrā is nourishing, aphrodisiac, alleviates tridoṣas, dysuria, lithiasis, colic, and diabetes; ignites digestive fire[138].

(119)

Fenugreek leaf curry

(mentiśāka guṇāḥ / मेन्तिशाक गुणाः **)**

मेन्तिशाकं तु कटुकं दीपनं कफवातजित् ।**139** ।

Fenugreek leave curry (Methika, Menti in Telugu) is pungent, kindles appetite, and alleviates kapha and vāta[139]. [*Trigonella foenum-graecum* L.]

(120)

All leafy vegetables

(sarvaśāka sāmānyaguṇāḥ / सर्वशाक सामान्यगुणाः **)**

सर्वं शाकमचक्षुष्यं चक्षुष्यं शाकपञ्चकम् ।

जीवन्ती वास्तु मत्स्याक्षी मेघनाद पुनर्नवम् । ।**140** । ।

वरा शाकेस्षु जीवन्ती सार्शपं त्ववरं परम् ।

सर्वं शाकं स्विन्ननिष्पीड्यकं तत् स्नेहे भृष्टं दोषहारि प्रदिष्टम् । ।**141** । ।

तोये पक्वं केवलं दोषकारि त्वाम्लं तद्वत्सर्वमक्ष्णोरपथ्यम् ।

असङ्ख्यातानि शाकानि सघृतानि निरीक्ष्यच । ।**142** । ।

रसवीर्य विपाकज्ञो युञ्ज्यात्तानि यथार्हतः ।**145** ।

All leafy vegetables are not good for the eyes, except five. They are jīvantī, vāstu, matsyākṣī, meghanāda and punarnava. Among all leafy vegetables, jīvantī is best, and sārśapaṃ is last (not good for health). All leafy vegetables should be boiled/steamed, squeezed and consumed. If fried in ghee, they are devoid of doṣas. If cooked only with water, they aggravate doṣas and are sour; Like-wise, all others are unwholesome for the eyes. One who is intelligent should interpret the innumerable leafy vegetables, further processed with ghee, assess their taste, potency and end-stage after digestion and then use them accordingly[140-145].

(121)

Contraindications for leafy vegetables

(śākavarjyāḥ / शाकवर्ज्याः **)**

शूली गुल्म्युदरप्लीहक्रिमिकुक्ष्यतिसारवान् ।

अर्शसि ग्रहणी रोगे शोफे कुष्ठेऽल्पपावके । ।**146** । ।

अक्षिरोगे ज्वरेचैव शाकजातं परित्यजेत् ।**147** ।

Persons suffering abdominal colic, lump, ascites, splenic disorders, worm infestation,

abdominal disorders, diarrhoea, haemorrhoids, disorders of the lower gastrointestinal tract, oedema,	integumentary disease, diminished digestive fire, ophthalmic diseases, and pyrexia should avoid leafy vegetables[146-147].

इति द्रव्यरत्नावल्यां पत्रशाकवर्गः समाप्तः

Thus ends the description of Patraśāka varga (group of leafy vegetables) in Dravyaratnāvali.

25. GROUP OF TENDER LEAVES, SPROUTS AND SHOOTS

Pallavavargaḥ / पल्लववर्गः

Now the of group of tender leaves, sprouts, shoots.

(1)

Tender mango leaves

(cūtāṅkura guṇāḥ / चूताङ्कुर गुणाः)

चूताङ्कुरं कषायं तु ग्राहि पित्तहरं गुरु ।1 ।

Tender mango leaves are astringent, water absorbent, alleviate pitta and are hard to digest[1]. [*Mangifera indica* Linn.]

(2)

Tender peepal leaves

(aśvatthapallava guṇāḥ / अश्वत्थ पल्लव गुणाः)

अश्वत्थपल्लवं ग्राहि कषायं कफपित्तनुत् ।2 ।

Tender leaves of the peepal tree (aśvattha) are water absorbent, astringent, and pacify kapha and pitta[2]. [*Ficus religiosa* Linn.]

(3)

Tender White Fig leaves

(plakṣāṅkura guṇāḥ / प्लक्षाङ्कुर गुणाः)

प्लक्षाङ्कुरं वातकरं कषायं कफमेहजित् ।3 ।

Tender leaves of plakṣā aggravate vāta, are astringent, and alleviate kapha and polyuria[3]. [*Ficus lacor* Buch-Ham, *F. infectoria* auct. non-Willd. *F. viren* Aiton.]

(4)

Banyan leaf sprouts

(vaṭāṅkura guṇāḥ / वटाङ्कुर गुणाः)

वटाङ्कुरं व्रणहरं सर्ववीसर्पनाशनम् ।4 ।

Tender sprouts of banyan heal wounds and all types of acute spreading eruptions[4]. [*Ficus benghalensis* Linn.]

(5)

Tender Indian Trumpte Tree leaves

(ṭuṇḍukasya pallava guṇāḥ / टुण्डुकस्य पल्लव गुणाः)

पल्लवं टुण्डुकस्यापि दीपनं रुचिकृल्लघु ।5 ।

Shoots of ṭuṇḍuka kindle appetite, improve taste and are easy to digest[5]. [ṭuṇṭuka = *Oroxylum indicum* (L.). Vent]

(6)

Sālā leaf sprouts

(sālāṅkura guṇāḥ / सालाङ्कुर गुणाः)

सालाङ्कुरं कषायाम्लं मेहप्रदरनाशनम् ।6 ।

Tender sprouts of sālā are astringent and sour, and relieve polyuria and menorrhagia[6].

(7)

Tender ākulī leaves

(ākulīpallava guṇāḥ / आकुलीपल्लव गुणाः)

आकुलीपल्लवं ग्राहि गुरुमेहविनाशनम् ।7 ।

Tender shoots of ākulī are water absorbent, hard to digest and pacify polyuria[7].

(8)

Tender hog plum leave

(āmrāttakāṅkura guṇāḥ / आम्रात्तकाङ्कुर गुणाः)

आम्रातकाङ्कुरं हृद्यं वृष्यमम्लमरोचकम् ।8 ।

Tender leaves of hog plum (āmrātaka) are good for the heart and are aphrodisiac, are sour and are useful to treat anorexia[8]. [*Spondias pinnata* (Linn. F.) Kurz.]

(9)

TenderIndian Laburnum or purging cassia leaves

(āragvadhamṛdupravāla guṇāḥ / आरग्वधमृदुप्रवाल गुणाः)

आरग्वधं भेदि मृदु प्रवालं त्वग्दोषनाशं कफपित्तहारि ।9 ।

Tender shoots of Indian Laburnum, purging cassia (āragvadhaṃ) aid purgation, soft, are effective in skin diseases; alleviate kapha and pitta[9]. [*Cassia fistula* Linn.]

(10)

Tender tanners cassia leaves

(āmarīpallava guṇāḥ / आमरीपल्लव गुणाः)

आमरी तिक्तकटुकतीक्ष्णोष्णा श्लेष्मनाशिनी ।

वातघ्नी दीपनी कुष्ठमेह ज्वरहरा परा । ।10 । ।

Tender tanners cassia leaves (Āmarī) are bitter, pungent in taste, sharp, and hot, alleviate kapha and vāta; kindle appetite,

effectively relieve integumentary disease, polyuria and pyrexia[10].

(11)

Tender tamarind leaves

(ciñcādala guṇāḥ / चिञ्चादल गुणाः)

हृद्यं जाठरपावकोन्नतिकरं चिंचादलं कोमलम् ।
मेध्यं वस्तिविशोधनं गुदगदानाध्मानकं निर्हरेत् । ।11 । ।
गुल्मघ्नं पवनप्रकोपशमनं पित्तोन्नतिप्रेरणम् ।
नेत्राणां रुजमातनोति नितरां दुष्टास्रदं देहिनाम् । ।12 । ।

Tender leaves tamarind are good for heart, stimulate digestive fire, improv intellect, cleanse bladder, effective in anal diseases, abdominal distension, abdominal lump and in diseases of aggravated vāta . It aggravates pitta, triggers ophthalmic diseases and vitiates blood[11-12]. [*Tamarindus indica* Linn.]

(12)

Tender neem leaves

(ariṣṭapallava guṇāḥ / अरिष्टपल्लव गुणाः)

अरिष्टपल्लवं तिक्तं क्रिमिघ्नं व्रणकृत्सरम् ।13 ।

Young leaves of Neem are bitter, remove worms, heal wounds and are laxative[13]. [*Azadirachta indica* A. Juss.]

(13)

Tender drum-stick leaves

(gṛñjanapravāla guṇāḥ / गृञ्जनप्रवाल गुणाः)

गृञ्जनस्य प्रवालानि वातपित्तहराणि च ।
क्रिमिमेदः कफहराणि तिक्तान्यक्षिहितानि च । ।14 । ।
शाकं शोभाञ्जनस्यापि वदन्त्यन्ये विचक्षणाः ।
तद्वन्निहन्ति रोगाणि कफं चाप्युष्णवीर्यतः । ।15 । ।

Tender leaves of drum-stick alleviate vāta, pitta and kapha, remove worms, and reduce fat; they are bitter and good for the eyes. Some intellectuals opine that śobhāñjana also has similar properties, it pacifies disorders of kapha and is hot in potency[14-15]. [*Moringa olifera* Lam.]

इति द्रव्यरत्नावल्यां पल्लववर्गः समाप्तः ॥

Here ends the description of group of tender leaves in Dravyaratnāvali

26. FLOWER VEGETABLE GROUP

Puṣpaśāka vargaḥ / पुष्पशाक वर्गः

Now the description of group of flowers used as vegetables.

(1)

Plantain flowers

(kadalīpuṣpa guṇāḥ / कदलीपुष्प गुणाः)

कदलीकुसुमं शीतं गुरुपित्तास्रजित्परम् ।

किञ्चित्कषायं मधुरं ज्वरातीसारनाशनम् । ।1 । ।

Plantain flowers are cold, hard to digest, effective in relieving pitta and vitiated blood disorders, slightly astringent and sweet, and pacify pyrexia and diarrhoea[1]. [Musa paradisiaca L.]

(2)

Backphul, vegetable hummingbird

(agastyapuṣpa guṇāḥ / अगस्त्यपुष्प गुणाः)

अगस्त्यपुष्पं मधुरं किञ्चित्तिक्तं सरं गुरु ।2 ।

Flower of backphul, vegetable hummingbird (agastya) is sweet, slightly bitter, laxative and hard to digest[2]. [*Sesbania grandiflora* (L.) POIRET]

(*)

Variant text

(granthāntare / ग्रन्थान्तरे)

अगस्त्यपुष्पं वातघ्नं स्वादु कासविनाशनम् ।

सेवितं गुरुवत्प्रोक्तं बलासविनिवारणम् । ।3 । ।

Agastya flowers alleviate disorders due to vāta, cough and are sweet; when consumed as prescribed by the physician, they pacify kapha [3].

(3)

Drumstick flower-1

(śobhāñjanapuṣpa guṇāḥ / शोभाञ्जनपुष्प गुणाः)

पुष्पं शोभाञ्जनं रुच्यं स्निग्धं वृष्यं बलप्रदम् ।4 ।

Drumstick Flowers (śobhāñjana) are tasty, unctuous, aphrodisiac and improve strength[4]. [*Moringa olifera* Lam.]

(4)

Drumstick flower-2

(śigrupuṣpa guṇāḥ / शिग्रुपुष्प गुणाः)

शिग्रुपुष्पं कटुरसं पित्तकृत्कफनाशनम् ।5 ।

Drumstick flowers (Śigrupuṣpa) are pungent in taste, vitiates pitta and pacify kapha[5]. [*Moringa olifera* LAM.]

(5)

Bhāradvājodbhavaṃ puṣpaṃ

(bhāradvājapuṣpa guṇāḥ / भारद्वाजपुष्प गुणाः)

भारद्वाजोद्भवं पुष्पं प्लीहघ्नं गुल्मशूलनुत् ।6 ।

Bhāradvājodbhavaṃ (Vārija) puṣpaṃ alleviate splenic disorders, abdominal lumps and colic[6].

(6)

Tamarind flower

(tintriṇīpuṣpa guṇāḥ / तिन्त्रिणीपुष्प गुणाः)

तिन्त्रिणीकुसुमं साम्लं कषायं मधुरं लघु ।

रोचनम् वातहृत्पित्तकरं ग्राह्यग्निदीपनम् । ।7 । ।

The tamarind flower (tintriṇī) is sour, astringent, sweet, easily digestible, tasty, alleviates vāta, aggravates pitta, water absorbent and kindles appetite [7].

(7)

Aloe flower

(kumārīpuṣpa guṇāḥ / कुमारीपुष्प गुणाः)

कुमारी कुसुमं शीतं पित्तश्लेष्मकरं गुरु ।8 ।

Aloe flowers are cold, aggravate pitta and kapha, is hard to digest [8].

(8)

Golden shower flower

(āragvadhapuṣpa guṇāḥ / आरग्वधपुष्प गुणाः)

पुष्पमारग्वधस्यापि भेदि कुष्ठापहं गुरु ।9 ।

Golden shower flowers are purgative, relieve integumentary disease, and is hard to digest[9]. [*Cassia fistula* L.]

(9)

Flowers of silk cotton

(śālmalīpuṣpa guṇāḥ / शाल्मलीपुष्प गुणाः)

शाल्मलीकुसुमं हृद्यं मधुरं वातपित्तनुत् ।11 ।

Flowers of silk cotton (śālmalī) are good for the heart, sweet, and pacify vāta and pitta[11].

(10)
Basella flower
(upodakīpuṣpa guṇāḥ / उपोदकीपुष्प गुणाः **)**

उपोदकीप्रसूनं तु रुच्यं श्लेष्मकरं गुरु ।12 ।

Flowers of upodakī are tasty, aggravate kapha and hard to digest[12].

(11)
Castor flowers
(airaṇḍapuṣpa guṇāḥ / ऐरण्डपुष्प गुणाः **)**

एरण्डपुष्पं वातघ्नं स्निग्धं बृंहणदीपनम् ।13 ।

Flowers of castor alleviate vāta, are unctuous, nourishing and kindle appetite[13].

(12)
Calotropis flowers-1
(alarkapuṣpa guṇāḥ / अलर्कपुष्प गुणाः **)**

अलर्कपुष्पं क्रिमिजित् गुल्मार्शःकासशूलजित् ।14 ।

Calotropis flower (Alarkapuṣpaṃ) is effective in relieving worm infestation, abdominal lump, haemorrhoids, tussis and colic pain[14].

(13)
Calotropis flowers-2
(arkapuṣpa guṇāḥ / अर्कपुष्प गुणाः **)**

अर्कपुष्पं कफहरं गुल्मार्शः शूलनाशनम् ।15 ।

Flowers of shallow wort, Calotropis alleviate disorders of kapha, abdominal lump, haemorrhoids and colic[15].

(14)
Sesame flowers
(tilapuṣpa guṇāḥ / तिलपुष्प गुणाः **)**

तिलपुष्पं च वातघ्नं क्रिमिश्लेष्म प्रजायते ।
वीर्यवृद्धिकरं चैव अक्षिरोगो विशेषतः ।16 ।

Flowers of Sesame pacify vāta, vitiate kapha, induce worm infestation, improve semen formation and trigger ophthalmic diseases[16].

(15)
Senna
(ākulīkusuma guṇāḥ / आकुलीकुसुम गुणाः **)**

आकुलीकुसुमं शीतं ग्राहि मेहकफाग्निकृत् ।17 ।

Flowers of senna are cold, water absorbent, trigger polyuria, aggravate kapha and stimulate digestive fire[17].

(16)
Madhūka flowers
(madhūkapuṣpa guṇāḥ / मधूकपुष्प गुणाः **)**

मधूककुसुमं हृद्यं मधुरं वातपित्तकृत् ।18 ।

Flowers of madhuka, butternut are good for heart, sweet, aggravate vāta and pitta[18].

(17)
Pandanus
(ketakīpuṣpa guṇāḥ / केतकीपुष्प गुणाः **)**

केतकी कुसुमकेसरं परं गुल्मशूलगुदजोदरापहम् ।19 ।

Stamens of Pandanus (Screw pine, Kewda) are effective in alleviating abdominal lump, colic, haemorrhoids and ascites[19].

(18)
Date palm and other inflorescence
(kharjūrādivṛkṣasya puṣpa guṇāḥ /
खर्जूरादिवृक्षस्यपुष्प गुणाः **)**

खर्जूरकेतकी तालहिन्तालकुसुमोद्भवम् ।
पुष्पं परूषकाज्जातं नारिकेलोद्भवं तथा । ।20 । ।
रक्तपित्तहराण्येतद्रक्तातीसार मेहनुत् ।21 ।

Inflorescence of date palm (kharjūra), pandanus (ketakī), toddy palm (tāla), mangrove date palm (hintāla), falsa (parūṣakā), coconut (nārikela), are effective in relieving epistaxis, diarrhoea due to vitiated blood and polyuria[20-21].

(19)
Neem flowers
(nimbapuṣpa guṇāḥ / निम्बपुष्प गुणाः **)**

निम्बपुष्पं रुचिकरं तिक्तं श्लेष्मप्रमेहनुत् ।
क्रिमिघ्नं पित्तनुच्छीतं सर्वकुष्ठविनाशनम् । ।22 । ।

Flowers of neem are tasty, bitter, cold, alleviate kapha, pitta, diabetes, worm infestation and all types of skin ailments[22]. [*Azadirachta indica* A. JUSS.]

(20)
Pumpkin flowers
(kūṣmāṇḍapuṣpa guṇāḥ / कूष्माण्डपुष्प गुणाः **)**

कूष्माण्डपुष्पं तिक्तं तु सन्निपातहरं परम् ।23 ।

Flowers of pumpkin are bitter and are effective in relieving pyrexia caused by vitiation of tridoṣa (sannipātam) [23]. [*Benincasa hispida* (Thunb.) Cogn.]

इति द्रव्यरत्नावल्यां पुष्पशाक वर्गः समाप्तः ।।24।।

Here ends in Dravyaratnāvali the description of group of flowers used as vegetables.

27. UNRIPE FRUITS GROUP

Āmaphalavargaḥ /आमफलवर्गः

Now the description of group of unripe fruits.

(1)

Young pumpkin

(Bālakūṣmāṇḍaphala guṇāḥ / बालकूष्माण्डफल गुणाः **)**

कूष्माण्डकफलं बालं रुच्यं वातकफप्रदम् ।
अग्निमान्द्यकरं शीतं कृच्छ्रपित्तविदाहनुत् । ।1 । ।

Young fruit of Pumpkin is tasty, vitiates vāta and kapha, diminishes digestive fire, cold, effective in relieving dysuria, disorders due to pitta and burning sensation in abdomen[1].

(2)

Mature pumpkin

(madhyamakūṣmāṇḍaphala guṇāḥ / मध्यमकूष्माण्डफल गुणाः **)**

बृंहणं मध्यमं वृष्यं कफपित्तहरं परम् ।2 ।

Matured pumpkin nourishes, is aphrodisiac and alleviates kapha and pitta[2].

(3)

Ripe pumpkin

(pakvakūṣmāṇḍaphala guṇāḥ / पक्वकूष्माण्डफल गुणाः **)**

कूष्माण्डकफलं पक्वं लघु दोषत्रयापहम् ।
जीवनं बृंहणं वृष्यं बल्यं धातुविवर्धनम् । ।3 । ।

Ripen pumpkin fruit is easy to digest, pacifies tridoṣas, enlivening, nourishing, aphrodisiac, strengthening and aids in the development of tissues [3].

(4)

Pumpkin fruit ripening stages

(vaysānusāra kūṣmāṇḍaphala guṇāḥ / वयासानुसार कूष्माण्डफल गुणाः **)**

विषं पुष्पफलं बालं मध्यमं कफपित्तनुत्
पक्वं त्रिदोषशमनं पुराणं सर्वदोषजित् । ।4 । ।

Very young pumpkin fruit with flowers is like poison, unripe fruit alleviates kapha and pitta. Ripe fruit alleviates tridoṣa, and over-ripen fruit alleviates all doṣa[4].

(5)

Bottle gourd

(tumbīphala guṇāḥ / तुम्बीफल गुणाः **)**

तुम्बीफलं पित्तहरं ग्राहि रूक्षं हिमं गुरु ।5 ।

Bottle gourd (tumbīphala) pacifies pitta, and is water absorbent, dry, cold and hard to digest[5].

(6)

Round bottle gourd

(vartulālābu guṇāḥ / वर्तुलालाबु गुणाः **)**

अलाबु वर्तुला शीता ग्राही पथ्यतरो गुरुः ।6 ।

Round bottle gourd is cold, water absorbent, better among wholesome foods and hard to digest[6].

(7)

Watermelon

(kumbhāṇḍaphala guṇāḥ / कुम्भाण्डफल गुणाः **)**

कुम्भाण्डं पवनप्रकोपमधुरं पित्तघ्नमक्ष्णोर्हितम् ।
शुक्रघ्नं कफकृच्च शीतलमिदं दुर्नाममूर्च्छापहम् । ।7 । ।

Fruit of watermelon aggravates vāta, is sweet, alleviates pitta, good for eyes, diminishes semen production, vitiates kapha, is cold, relieves haemorrhoids and syncope [7].

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

कुम्भाण्डं शीतलं हृद्यं वातश्लेष्मप्रकोपनम् ।
पित्तघ्नं शुक्रहृत्पाण्डुनेत्रकोपप्रसादनम् । ।8 । ।

Watermelon is cold, good for the heart, aggravates vāta and kapha, alleviates pitta, diminishes semen, and relieves anaemia and ophthalmic diseases[8].

(8)

Long watermelon

(dīrghakāliṅgakaphala guṇāḥ / दीर्घकालिङ्गकफल गुणाः **)**

दीर्घकालिङ्गकं तद्वद्गुरु श्लेष्मकरं हिमम् ।9 ।

Long watermelon is similar to the above (as that of kumbhāṇḍaphala): hard to digest, aggravates kapha and is cold[9].

(9)

Ripe watermelon

(pakvakāliṅgakaphala guṇāḥ / पक्वकालिङ्गकफल गुणाः **)**

तदेव पक्वं मधुरं शीतं कृच्छ्रामयापहम् ।**10** ।

Ripe fruit of watermelon is sweet, cold and relieves dysuria[10].

(10)

Cucumber

(trapusaphala guṇāḥ / त्रपुसफल गुणाः **)**

त्रपुसं मूत्रलं भेदि शीतं कृच्छ्राश्मरीप्रणुत् ।**11** ।

Cucumber is diuretic, purgative, cold and relieves dysuria and urolithiasis[11.

(11)

Musk melon

(karkāruphala guṇāḥ / कर्कारुफल गुणाः **)**

कर्कारुः शीतलो वृष्यः कृच्छ्रहा कफवर्धनः ।**12** ।

Musk melon is cold, aphrodisiac, relieves dysuria and aggravates kapha[12].

(12)

Karkāru, trapusa based on ripening stage

(vayānusāra karkāru evaṁ trapusaphala guṇāḥ / वयानुसार कर्कारु एवं त्रपुसफल गुणाः **)**

कर्कारुकत्रपुसयोः फलं पक्वं तु शीतलम् ।

बालं पित्तहरं ज्ञेयं मध्यमं कफपित्तकृत् ।।**13** ।।

वातलं परिपक्वं तु विशेषाद्दोषकोपनम् ।**14** ।

Ripe fruits of karkāru and trapusa are cold, young fruits alleviate pitta, and unripe fruits aggravate kapha and pitta. Ripe fruits aggravate vāta, particularly vitiate doṣa[13-14].

(13)

Tender banana

(taruṇakadalīphala guṇāḥ / तरुणकदलीफल गुणाः **)**

बालं कदल्यास्तरुणं निहन्ति

ज्वरातिसारग्रहणीप्रमेहान् ।

तृष्णास्रपित्ताक्षिरुजाप्रवाहिकासान् ग्राही दोषहरं विशेषात् ।।**15** ।।

Tender banana is effective in relieving fever, diarrhoea, disorders of lower GIT, diabetes mellitus, thirst, epistaxis, ophthalmic diseases, dysentery and tussis. It is water absorbent and effective in alleviating vitiated doṣas[15].

(14)

Unripe banana

(madhyamakadalīphala guṇāḥ / मध्यमकदलीफल गुणाः **)**

कषायं मधुरं रुच्यं मध्यमं कदलीफलम् ।

कफपित्तहरं ग्राहि स्निग्धं मन्दाग्निकृद्गुरु ।।**16** ।।

Unripe banana is astringent, sweet, tasty, alleviates kapha and pitta, is water absorbent, unctuous, diminishes digestive fire and is hard to digest[16].

(15)

Śākhādalyā phalam

(bālaśākhākadalyāḥ phala guṇāḥ / बालशाखाकदल्याः फल गुणाः **)**

शाखाकदल्याः फलमग्निकारि बालं प्रमेहज्वरपित्तहारि ।

तदेव शाखा कदल्याः कफकृन्मध्यममिष्यते ।।**17** ।।

Young fruit of śākhā kadali stimulates digestive fire, alleviates diabetes mellitus, pyrexia and disorders due to pitta. Unripe fruit aggravates kapha[17].

(16)

Young black plantain fruit

(bālakṛṣṇarambhāphala guṇāḥ / बालकृष्णरम्भाफल गुणाः **)**

कृष्णरम्भाफलं बालं ज्वरमेहातिसारजित् ।

तदेव मध्यमं कृष्णकदलीफलं बृंहणरोचनम् ।।**18** ।।

Young fruit of black plantain pacifies pyrexia, polyuria, diarrhoea. Unripe fruit improves nourishment and taste[18].

(17)

Wild plantain

(āraṇyakadalīphala guṇāḥ / आरण्यकदलीफल गुणाः **)**

आरण्यकदलीजातं फलं स्वादुरसं गुरु ।

अपथ्यं दुर्जरं वृष्यं ज्वरश्वासादिकारणम् ।।**19** ।।

Wild/Forest Plantain is sweet, hard to digest, unwholesome, takes long time to digest, aphrodisiac; triggers pyrexia, difficulty in breathing, etc[19].

(18)

Jack fruit

(panasasyaphala guṇāḥ / पनसस्यफल गुणाः **)**

पनसस्य फलं स्वादु श्लेष्मलं वातपित्तनुत् ।

तद्विशेषविवर्जं स्याद्गुल्मिभिर्दुर्जराग्निभिः । ।20 । ।

Jack fruit is sweet, vitiates kapha, alleviates vāta and pitta and is particularly contraindicated in those suffering from abdominal lump, diminished digestive fire[20].

(19)

Śiphā type Jackfruit

(śiphāpanasasya phala guṇāḥ / शिफापनसस्य फल गुणाः **)**

शिफापनसनामा च तत्फलं गुरु बृंहणम् ।21 ।

Śiphā type pineapple takes more time to digest and is nourishing[21].

(20)

Thorny Jackfruit

(kaṇṭakīpanasa phala guṇāḥ / कण्टकीपनस फल गुणाः **)**

पनसं कण्टकिफलं गुरु रुच्यं हिमं सरम् ।22 ।

Thorny Jackfruit is hard to digest, tasty, cold and laxative[22].

(21)

Snake gourd

(paṭolikāphala guṇāḥ / पटोलिकाफल गुणाः **)**

पटोलिकाफलम् शीतं रुच्यं दोषहरं लघु ।

किञ्चित्तिक्तं समधुरं पथ्यं तत्सर्वरोगजित् । ।23 । ।

The fruit of snake gourd is cold, tasty, easily digestible, pacifies doṣas, is slightly bitter and sweet, wholesome and alleviates all types of disease[23].

(22)

Dwarf variety of snake gourd

(hrasvapaṭolaphala guṇāḥ / ह्रस्वपटोलफल गुणाः **)**

फलं ह्रस्वपटोलस्य मधुरं तत्त्रिदोषजित् ।24 ।

Dwarf variety of snake gourd is sweet and pacifies tridoṣa[24].

(23)

Bitter variety of snake gourd

(tiktapaṭolaphala guṇāḥ / तिक्तपटोलफल गुणाः **)**

तिक्तं पटोलकं कटुकं ज्वरकुष्ठक्रिमिप्रणुत् ।

अरोचकहरं चोष्णं दोषघ्नं त्वस्रपित्तनुत् । ।25 । ।

The bitter variety of snake gourd is pungent, relieves pyrexia, integumentary disease, worm infestation, anorexia, vitiated doṣas, and epistaxis and is hot[25].

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

दोषत्रयारोचककुष्ठमेहान्

व्रणाक्षिरोगज्वरपाण्डुशोफान् ।

मन्दानलार्शः क्रिमिकामिलांश्च तिक्तं पटोलं विनिहन्ति सद्यः । ।26

पटोलपत्रं पित्तघ्नं वल्ली तस्य कफावहम् ।

फलं त्रिदोषशमनं मूलं तस्य विरेचकम् । ।27 । ।

Bitter variety of snake gourd instantly relieves vitiation of tridoṣa, anorexia, integumentary disease, polyuria, wounds, ophthalmic diseases, pyrexia, anaemia, oedema, diminished digestive fire, haemorrhoids, worm infestation and jaundice. Leaves of paṭola alleviate pitta, climber/vine aggravates kapha, fruit alleviates tridoṣa, and root is purgative[26-27].

(24)

Ridged gourd

(kośātakīphala guṇāḥ / कोशातकीफल गुणाः **)**

कोशातकी फलं तिक्तं मधुरं भेदि दीपनम्।28।

Ridged gourd/Chinese okra is bitter, sweet, purgative and kindles appetite[28].

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

कोशातकीनां फलमग्निकारि

हरेन्मरुत्पित्तकफप्रकोपान् ।

पुंस्त्वं विधत्ते मधुरं मनोज्ञं कुक्षिप्रभूतान् विनिहन्ति रोगान् ।29 ।

Fruits of ridge gourd (koṣātakī) improves digestive fire, pacifies diseases due to aggravated vāta, pitta and kapha, increases fertility, sweet, and pleasing to mind, effective in abdominal diseases [29].

(25)

Bitter variety of ridge gourd

(tiktakośātakīphala guṇāḥ / तिक्तकोशातकीफल गुणाः)

तिक्तकोशातकीजातं फलं मारुतनाशनम् ।

कफघ्नमग्निकृन्नेष्टं भोजनेषु शरीरिणाम् । ।30 । ।

The bitter variety of ridge gourd alleviates vāta and kapha, and improves digestive fire. Living beings do not desire it in the food menu [30].

(26)

Sponge gourd

(rājakośātakiphala guṇāḥ / राजकोशातकिफल गुणाः)

कफपित्तकरं रुच्यं राजकोषातकीफलम् ।

वृष्यं हिक्काविषहरं शीतज्वरविनाशनम् । ।31 । ।

Sponge gourd is tasty, aggravates kapha and pitta, is aphrodisiac, and relieves hiccups, poison and fever with chills[31].

(27)

Young bitter gourd

(bālakāravallīphala guṇāḥ / बालकारवल्लीफल गुणाः)

कारवल्लीफलं बालं दोषघ्नं सर्वरोगजित् ।32 ।

Young bitter gourd alleviates doṣas and all diseases[32].

(28)

Bitter gourd

(kāravallīphala guṇāḥ / कारवल्लीफल गुणाः)

कारवल्लीफलं भेदि दीपनं कटुतिक्तकम् ।33 ।

Bitter gourd is purgative, kindles appetite, is pungent and bitter[33].

(29)

Ripe bitter gourd

(paripakvakāravallīphala guṇāḥ / परिपक्वकारवल्लीफल गुणाः)

कफघ्नं पित्तलं रुच्यं परिपक्वं तु दोषलम् ।34 ।

Ripe bitter gourd fruit pacifies kapha, aggravate pitta, are tasty, but if over ripe vitiate doṣa[34].

(30)

Dwarf bitter gourd

(vāmanakāravallīphala guṇāḥ / वामनकारवल्लीफल गुणाः)

स्यात्कारवल्लीफलमीषदुष्णं सर्वामयघ्नं रुचिकृत्क्रिमिघ्नम् ।

चक्षुष्यमेतल्लघुदीपनं च स्याद्वामनं सिंहफलैस्समानम् । ।35 । ।

Dwarf bitter gourd is slightly hot, alleviates all diseases, improves taste, removes worms, good for eyes,is easily digestible, kindles appetite and is similar to big size fruit[35].

(*)

Variation of the text in another manuscript

(granthāntare / ग्रन्थान्तरे)

तिक्तं कफहरं क्षुद्रकारवल्लीफलं गुरु ।

सर्वामयघ्नं रुचिरं गुल्मनेत्रामयापहम् । ।36 । ।

Dwarf bitter gourd is bitter, pacifies kapha, is hard to digest, alleviates all diseases, such as abdominal lump ophthalmic diseases, and improves taste [36].

(31)

Bhadrakāravallīphala

(bhadrakāravallīphala guṇāḥ / भद्रकारवल्लीफल गुणाः)

वातकृद्दुर्जरं भद्रकारवल्लीफलं गुरु ।

श्लेष्मघ्नं रुचिकृद्बद्धविण्मूत्रं पित्तलं स्मृतम् । ।37 । ।

Bhadrakāravallī impairs vāta, takes long time and is hard to digest, alleviates kapha, improves taste, causes obstruction to faeces and urine, aggravates pitta[37].

(32)

Bitter gourd

(kāravallīphala guṇāḥ / कारवल्लीफल गुणाः)

चक्षुष्यं कारवल्ल्याः फलमनिलहरं श्लेष्मलं किञ्चिदूचि ।

तिक्तं हृद्यं कटूष्णं ज्वरहरमुदितं दीपनं स्रंसनं च । ।38 । ।

श्लेष्मघ्नं जन्तुजातप्रचयकृतगदादोषनिर्मोकदक्षम् ।

तुल्यं सिंहफलेन प्रथितगुणगणैस्सर्वदोषामयघ्नम् । ।39 । ।

Bitter gourd is good for eyes, pacifies vāta, slightly vitiates kapha, is bitter and pungent, hot, good for heart, relieves pyrexia, kindles appetite, aids purgation, alleviates kapha, capable of relieving all diseases induced by worm infestation; it is similar to big size fruit in properties and cures all doṣas[38-39].

(33)

Wild variety of bitter gourd

(karkoṭakīphala guṇāḥ / कर्कोटकीफल गुणाः)

सर्वरोगहितं पथ्यममृतं बृंहणं लघु ।

कर्कोटकिफलं रुच्यं मधुरं तत्त्रिदोषनुत् । ।40 । ।

ब्रह्म निर्माय देवानाममृतं दत्तवान् पुरा।

मर्त्यानामिह कर्कोटी फलं दत्त्वा भवेत्सुखी।।41।।

The wild variety of bitter gourd (Karkoṭakiphala) is effective in all diseases, wholesome, similar to nectar, nourishing, easily digestible, tasty, sweet and alleviating tridoṣas. In the ancient past, Lord Brahma created 'the elixir' for the sake of devatā/immortal and humans/mortals, and he generated karkoṭakiphalaṃ to live happily[40-41].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

हृद्यं रोचनमग्निदीपनकरं कर्कोटकीनां फलम्।

चक्षुष्यं व्रणिनां हितं क्षतवतां गुल्मातुराणामपि।।42।।

कासश्वासहरं प्रमेहदहनं दोषत्रयध्वंसनम्।

किञ्चित्तिक्तरसं ज्वरघ्नमुदितं रोगेश्वराशोंहितम्।।43।।

Karkoṭakiphalaṃ is pleasing to heart, tasty, stimulates digestive fire, good for eyes, effective to those suffering from wounds, injuries and abdominal lump; relieves cough, difficult breathing, diabetes, diseases due to tridoṣa, pyrexia, tuberculosis and haemorrhoids; is slightly bitter[42-43].

(34)

Kāsarākyaphala

(kāsarākhyaḥ phala guṇāḥ / कासराख्यः फल गुणाः)

कासराख्य फलं रुच्यं किञ्चित्तिक्तरसं लघु।

पित्तश्लेष्महरं रुच्यं नेत्ररोगहरं स्मृतम्।।44।।

Kāsarākyaphalaṃ is tasty, slightly bitter, easy to digest, and alleviates pitta, kapha and ophthalmic diseases[44].

(35)

Ivy gourd

(bimbīphala guṇāḥ / बिम्बीफल गुणाः)

बिम्बीफलं मधुरमाहुरतीवरुच्यं वातं सपित्तमपहन्ति बलासकारि।

वृष्यं ज्वरे हितमथानलवर्धनं च पाण्डौ हितं च

नयनामयकामालासु।।45।।

Ivy gourd (fruit) is sweet, extremely tasty, pacifies vāta and pitta, aggravates kapha, isaphrodisiac, stimulates digestive fire, effectively relieves pyrexia, anaemia, jaundice and ophthalmic diseases[45].

(36)

Bitter ivy gourd

(tiktabimbīphala guṇāḥ / तिक्तबिम्बीफल गुणाः)

तिक्तबिम्बीफलं रुच्यं क्रिमिहृत्कामलापहम्।

कफपित्तनुद्धीमान्द्यं दुर्जरं चाग्निमान्द्यकृत्।।46।।

Bitter ivy gourd is tasty, removes worm infestation, effective in jaundice, alleviates kapha and pitta, diminishes intellect, takes long time to digest and diminishes digestive fire[46].

(37)

Ahiṃsrā phala

(ahiṁsrāphala guṇāḥ / अहिंस्राफल गुणाः)

अहिंस्राफलमत्यन्तं कफमारुतनाशनम्।

कायाग्निकारकं रुच्यं शस्तं सर्वविषेषु च।।47।।

Fruit of ahiṃsrā alleviates kapha and vāta, ignites digestive fire,is tasty and effective in all types of poison[47]. [Capparis sepiaria L. Ahimsra, kanya?]

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

हिंस्राफलं विषहरं कफवातहरं गुरु।48।

Hiṃsrā fruit alleviates poison diseases of kapha and vāta, and is hard to digest[48].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

पित्तलं श्लेष्मविषहृद्रुच्यं चार्कगलं स्मृतम्।

विष्टम्भि दीपनीयं तु नयनामयनाशनम्।।49।।

Hiṃsrā fruit aggravates pitta, alleviates kapha, poison and ophthalmic diseases; is tasty, triggers constipation and kindles appetite. It is also known as arkagala[49].

(38)

Śimbī phala

(śimbīphala guṇāḥ / शिम्बीफल गुणाः)

शिम्बी कटुर्विपाके च मधुरा वातपित्तकृत्।

स्तन्यवृद्धिकरी वृष्या विष्टम्भि गुरु बृंहणः।।50।।

Beans (Śimbī phala) are pungent, sweet after digestion, aggravate vāta and pitta, improve breast milk production, aphrodisiac, causes constipation, hard to digest and is nourishing[50].

(39)

Śveta śimbī phala

(śvetaśimbīphala guṇāḥ / श्वेतशिम्बीफल गुणाः)

श्वेतशिम्बीफलं हृद्यं रोचनं मधुरं गुरु ।51 ।

White beans are good for heart, tasty, sweet and hard to digest[51].

(40)

Śākhāmṛganakhākhya-śimbī

(śākhāmṛganakhākhya śimbī phala guṇāḥ / शाखामृगनखाख्य शिम्बी फल गुणाः)

शाखामृगनखाख्यस्तु शिम्बी मधुर बृंहणः ।52 ।

Beans shaped like the nails of a monkey are sweet and nourishing[52].

(41)

Ajakarṇikaśimbī

(ajakarṇikaśimbīphala guṇāḥ / अजकर्णिकशिम्बीफल गुणाः)

अजकर्णिकशिम्बी तु गरीयान् दुर्जरो गुरुः ।53 ।

A variety of beans shaped like the ear of a goat has a majority of qualities alike. Beans take a long time and are hard to digest[53].

(42)

Cowpea pods

(niṣpāvaśimbīphala guṇāḥ / निष्पावशिम्बीफल गुणाः)

निष्पावशिम्बी मधुरः श्लेष्मलो विषदूषणः ।54 ।

Cowpea pod is sweet, aggravates kapha and removes poison[54].

(43)

Sword bean

(mūlaśimbīphala guṇāḥ / मूलशिम्बीफल गुणाः)

मूलशिम्बीफलं स्वादु बृंहणं गुरुपित्तलम् ।55 ।

Sword bean is sweet, nourishing hard to digest, and impairs pitta[55].

(*)

Variation of the text in another manuscript

(granthāntare / ग्रन्थान्तरे)

विदाहि शिम्बस्य फलं कषायं रूक्षं विपाके कटुकं गुरूष्णं ।

विबन्धकृद्दृष्टि बलासकारि वातं सपित्तं वितनोति हृद्यम् । ।56 । ।

Beans cause burning sensation, are astringent, dry, pungent after digestion, hard to digest, hot, cause constipation, aggravate kapha, vāta and pitta; good for heart and eyes[56].

(44)

Wild beans

(araṇyaśimbīphala guṇāḥ / अरण्यशिम्बीफल गुणाः)

आरण्यशिम्बी मधुरा पित्तव्रणविशोधनी ।57 ।

आरण्यशिम्बी मधुरा पित्तव्रणविशोधनी ।58 ।

Wild beans are sweet, clear pitta and cleanse wounds [57].

(45)

Sudākhya (mudākhyā) mārjāram

(su(madā)dhākhyaphala guṇāḥ / सु(मदा)धाख्यफल गुणाः)

सु(मदा)धाख्य मार्जारमतीव रुच्यं सबृंहणं पित्तकरं गुरुश्च ।58 ।

Sudākhya is extremely tasty, nourishing, aggravates pitta and is hard to digest[58].

(46)

Mārjārapādiphalam

(mārjārapādiphala guṇāḥ / मार्जारपादिफल गुणाः)

मार्जारपादिफलमग्निकृत्स्यात् रोचिष्णु वृष्यं गुरु बृंहणं च ।59 ।

Mārjārapādiphala increases appetite, digestive fire, causes itching, acts as aphrodisiac, is heavy to digest and increases body mass[59]. [*Aristolochia indica* L.= Isvaramula (Telugu=. doolaagovela, doolagovila, dula govela, dulagovela, eeswaramoolli)]

(47)

Ārāma rajamāṣa phalaṃ

(ārāmarājamāṣaphala guṇāḥ / आरामराजमाषफल गुणाः)

आरामराजमाषस्य फलं गुरु च वातलम् ।60 ।

Cow pea takes more time to digest and vitiates vāta[60].

(48)

Drumstick pod

(gṛñjanasya phala guṇāḥ / गृञ्जनस्य फल गुणाः)

गृञ्जनस्य फलं पथ्यं श्लेष्मलं शुक्रवर्धनम् ।61 ।

Drumstick pod is wholesome, vitiates kapha and improves semen production[61]

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

रुच्यं स्यान्मधुशिग्रुजं फलमहोरात्रं हितं देहिनाम् ।

वर्ण्यं वातहरं प्रमेहदहनं स्वाहापतेः पोषणम् । ।**62** । ।

दौर्बल्यं विनिहन्ति पुंस्त्वजननं दुर्नामदु:खं हरे- ।

न्नानारोग निवारणाय जनितं वीर्येण चो(ष्णं) लघु । ।**63** । ।

Drumstick is sweet, tasty, wholesome to be consumed in day and at night, improves complexion, alleviates vāta, relieves diabetes, stimulates digestive fire, induces weakness, enhances fertility, effective in haemorrhoids and heals various diseases; it is hot in potency and is easily digestible[62-63].

(49)

Uttama kanyā phala

(uttamakanyāphala guṇāḥ / उत्तमकन्याफल गुणाः)

कटूष्णं तिक्तविशदं विषघ्नं पित्तकोपनम् ।

फलमुत्तमकन्यायाः सक्षारं दीपनं लघु । ।**64** । ।

Uttama kanyā phala is pungent, hot, bitter, non-slimy, pacifies poison, aggravates pitta, slightly alkaline, kindles appetite and is easy to digest[64]. [*Capparis sepiaria* L. Ahimsra, kanya?]

(50)

Black-eyed bean

(śyāmalarājamāṣaphala guṇāḥ / श्यामलराजमाषफल गुणाः)

रूक्षं श्यामलराजमाषजफलं दुर्नामदु:खं जये-

द्गुल्मप्लीह भगन्दरोदरवतां शोफार्तमर्त्यस्यच । ।**65** । ।

कासश्वासवतामपि हितं प्रायेण वातप्रदम् ।

पित्तश्लेष्मविकारजातमखिलं नि:शेषमुन्मूलयेत् । ।**66** । ।

Black-eyed bean/cowpea is dry, effective in relieving haemorrhoids, abdominal lump, splenic disorders, fistula-in-ano, ascites, oedema, cough and difficult breathing; generally vitiates vāta, relieves all diseases caused by pitta and kapha without residue[65-66].

(51)

Vegetable hummingbird

(Munivṛkṣaphala / मुनिवृक्षफल)

मुनिवृक्षफलं स्वादु सकाषायं कृशानुजित् ।

सम्भारनिहितं हृद्यं विसर्पकविषापहम् । ।**67** । ।

Munivṛkṣaphala is sweet, slightly astringent, and diminishes digestive fire; when processed with other drugs of good qualities, it is good for the heart and relieves acute spreading eruptions and poison[67]. [*Sesbania grandiflora* (L.) POIRET, munidruma, munidrumah, munipriya, munipushpa, munitaru ??]

(52)

Brinjal

(vārtākam / वार्ताकम्)

वार्ताकं कटुतिक्तोष्णं मधुरं कफपित्तजित् ।

सक्षारमग्निजननं हृद्यं रुच्यमपित्तलम् । ।**68** । ।

Brinjal/eggplant is pungent, bitter and sweet, hot, alleviates kapha and pitta, alkaline, ignites the digestive fire, good for heart, tasty and does not aggravate pitta[68].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

वार्ताकं कोमलं पथ्यं ज्वरनेत्रामये लघु ।

व्रणघ्नं दीपनं कुष्ठं सरं दोषत्रयापहम् । ।**69** । ।

श्लेष्मकृन्मध्यमं रुच्यं पक्वं वातप्रकोपनम् ।**70** ।

Tender brinjal fruit is wholesome and pacifies pyrexia, ophthalmic diseases, wounds, integumentary disease and tridoṣas; easily digestible, it kindles appetite and laxative. Unripe fruit aggravates kapha and is tasty. Ripe brinjal fruit aggravates vāta[69-70].

(53)

Tender brinjal

(bālavārtākam / बालवार्ताकम्)

वार्ताकं मधुरं हृद्यं बालं दोषत्रयापहम् ।**71** ।

Tender Brinjal is sweet, good for heart and alleviate tridoṣa[71].

(54)

Black brinjal

(kṛṣṇavārtākam / कृष्णवार्ताकम्)

कृष्णवार्ताकजनितमपथ्य दोषलं परम् ।**72** ।

Black variety of brinjal is unwholesome and aggravates doṣa[72].

(55)

Red brinjal

(raktavārtākam / रक्तवार्ताकम्)

रक्तवृन्ताकजं क्षारमग्निकृन्मधुरम् परम् ।73 ।

The red variety of Brinjal is alkaline, enhances digestive fire and is extremely sweet[73].

(56)

Climber egg plant

(vallīvārtākam / वल्लीवार्ताकम्)

वल्लीवार्ताकजनितं हृद्यं रुच्यमपित्तलम् ।74 ।

Climber Egg plant is good for heart, tasty and does not vitiate pitta[74].

(57)

Cluster brinjal

(gucchavṛṃtākaphala / गुच्छवृंताकफलं)

गुच्छवृन्ताकजफलं कटुतिक्तकफापहम् । 75 ।

Cluster brinjal is pungent and bitter; pacifies kapha[75].

(58)

Kartarika type brinjal

(Kartārikāphalam / कर्तारिकाफलम्)

कर्तारिकाफलं हृद्यं रुच्यमग्निकरं सरम् । ।

त्रिदोषशमनं पथ्यं श्वासकासक्षयावहम् । ।76 । ।

Kartārikā phala is good for the heart, tasty, stimulates digestive fire, is laxative, alleviates tridoṣas, is wholesome, and relieves difficult breathing, cough and tuberculosis[76].

(59)

All types of brinjal

(sarvavṛntākajaphalam / सर्ववृन्ताकजफलंम्)

सर्ववृन्ताकजफलं पामाकण्डूक्रिमिप्रणुत् ।77 ।

All types of brinjal, eggplant relieves pāmā (a type of skin ailment), pruritis and worm infestation[77].

(60)

Forest bitterberry or African eggplant

(mahatī-bṛhatī / महती बृहती)

पित्तानिलघ्नं मधुरं विपाके रसे च शीतं लघु पिच्छिलं च ।

वृष्यं बलासक्रिमिनेत्ररोगान् फलं महत्यास्तनुते बृहत्याः । ।78 । ।

Big variety of bṛhatī, Solanum indicum, poison berry alleviates pitta and vāta, is sweet in taste and after digestion, cold, easily digestible, slimy, aphrodisiac, triggers diseases of kapha, worm infestation and ophthalmic diseases[78]. [*Solanum anguivi* Lam.]

(*)

Variant text

(granthāntare / ग्रन्थान्तरे)

तत्कोमलं पथ्यमुशन्ति केचित् नेत्रामयघ्नं लघुदीपनं च ।

तन्मध्यमं श्लेष्मकरं विशेषात् तदेव पक्वं वितनोति वातम् । ।79 । ।

According to some intellects tender bṛhatī fruits are wholesome, relieve ophthalmic diseases, easy to digest and kindle appetite. Unripe fruits aggravate kapha and ripe fruits aggravate vāta[79].

(61)

Prickly brinjal

(nidigdhika / निदिग्धिक)

क्षारं कषायं कटुकं लघूष्णं श्लेष्मानिलघ्नं क्षयकासहारि ।

गुल्मप्लीहार्शोदरवर्ध्म शूलान् नैदिग्धिं दीपनपाचनं स्यात् । ।80 । ।

Prickly brinjal is alkaline, astringent and pungent, easily digestible, hot, alleviates kapha and vāta, relieves tuberculosis, tussis, abdominal lump, splenic disorders, haemorrhoids, ascites, hernia and abdominal colic; kindles appetite and improves digestion[80]. [Solanum virginianum L.]

(62)

Bijavalli Fruit

(Bījavallīphalam / बीजवल्लीफलम्)

बीजवल्लीफलं रुच्यं विपाके दुर्जरं परम् ।81 ।

Bījavallīphala is tasty, takes very long time to digest[81].

(63)

Lotul leaf petiole

(Padmavallīdala / पद्मवल्लीदल)

पद्मवल्लीदलं तद्वद्गर्भिणीनां प्रशस्यते ।82 ।

Lotus leaf petiole is healthy for pregnant women[82].

(*)

Variant text

(granthāntare / ग्रन्थान्तरे)

पद्मवृन्तं सकटुकं दीपनं कफनाशनम् ।

रोचनं भेदनं हन्ति गरशोफगुदाङ्कुरान् । ।83 । ।

Pedicel of the lotus is pungent, kindles appetite, alleviates kapha, improves taste, causes purgation, and relieves artificial poison, oedema and haemorrhoids[83].

(64)

Snake gourd

(liṅgabījaphalam / लिङ्गबीजफलम्)

लिङ्गबीजफलं तिक्तं वातपित्तहरं परम् ।

रोचिष्णु शस्त मरुचौ दीपनं शोफनाशनम् ।84 । ।

Snake gourd (liṅgabījaphalaṃ) is bitter, effectively alleviates vāta and pitta, imparts taste, is effective in anorexia, kindles appetite and relieves oedema[84]. [*Trichosanthes cucumerina* L.]

(65)

Leafless mistletoe

(jīvantikāphalam / जीवन्तिकाफलम्)

जीवन्तिकाफलं रुच्यं मधुरं वातपित्तनुत् ।85 ।

Leafless mistletoe fruit (Jīvantikāphala) is tasty, sweet, alleviates vāta and pitta[85]. [*Viscum articulatum* BURM.F. gandhamadini, jivantika]

(66)

Water yam, winged yam

(piṇḍālukaphalam / पिण्डालुकफलम्)

पिण्डालुकफलं रुच्यं श्लेष्मलं गुरु बृंहणम् ।86 ।

Water yam/ winged yam (Piṇḍālukaphala) is tasty, aggravates kapha, is hard to digest and is nourishing[86].

(67)

Screw-bean

(śamīphalam / शमीफलम्)

शमीफलं गुरु मृदु रूक्षोष्णं कफनाशनम् ।87 ।

Screw-bean (Śamīphala) is hard to digest, soft, dry, hot and pacifies kapha[87].

(68)

Wara, Yercum fruit

(alarka phalam / अलर्क फलम्)

फलं त्वलर्कस्य च तिक्तमेव कासे हितं पित्तकफापहं च ।88 ।

Wara, Yercum (Alarka phala) is bitter, effective in tussis, alleviates pitta and kapha[88].

(69)

Fruit of castor

(eraṇḍaphalam / एरण्डफलम्)

एरण्डस्य फलं तिक्तं स्निग्धं वातकफापहम् ।89 ।

Fruit of castor is bitter, unctuous and pacifies vata, kapha[89].

(70)

Fruit of red castor

(raktairaṇḍa phalam / रक्तैरण्डफलम्)

रक्तैरण्डोद्भवं तद्वद्गुरु बृंहणपित्तलम् ।90 ।

Red castor fruit, big variety of castor has similar properties, is hard to digest, nourishing and vitiates pitta[90].

(71)

Cluster fig

(udumbaraphalam / उदुम्बरफलम्)

उदुम्बरफलं स्वादु कषायं रोचनं गुरु ।

भेदि दुर्नामहृत्पित्तकफघ्नं वातलं परम् । ।91 । ।

Cluster fig (Udumbaraphala) is sweet and astringent, it enhances taste, is hard to digest, aids purgation, relieves haemorrhoids, diseases of pitta and kapha, and vitiates vāta[91].

(72)

Emetic nut fruit

(madanaphalam / मदनफलम्)

मदनस्य फलं तिक्तं पित्तकृद्दीपनं लघु ।92 ।

Emetic nut fruit is bitter, aggravates pitta, kindles appetite and is easily digestible[92].

(73)

Jackal jujube

(Bṛhaddīrghaphalam / बृहद्दीर्घफलम्)

बृहद्दीर्घफलं तिक्तं मधुरं कफपित्तनुत् ।93 ।

Bṛhaddīrghaphalaṃ is bitter and sweet, alleviates kapha and pitta[93].[jackal jujube, small-fruited jujube or wild jujube, *Ziziphus oenoplia* MILL.]

(74)

Wild drumstick pods

(Araṇyaśigruja phalam / आरण्यशिग्रुजफलम्)

आरण्यशिग्रुजफलं वातघ्नं पित्तलं गुरु ।94 ।

Wild drumstick pods (Āraṇyaśigruja phalaṃ) alleviates vāta, aggravate pitta and is hard to digest[94].

(75)
Tender tamarind fruits
(ciñcicāphalam / चिञ्चिचाफलम्)

चिञ्चिचाफलं कषायाम्लं ग्राहि बलं रुचिप्रदम् ।95 ।

Tender tamarind fruits are astringent and sour, water absorbent and improve taste and strength [95].

(76)
Ripe tamarind fruit
(ciñcicāphalam / चिञ्चिचाफलम्)

मध्यमं पित्तलं भेदि वह्निदीप्तिकरं गुरु ।96 ।

Ripe tamarind fruits aggravate pitta, help purgation, ignite digestive fire and are hard to digest[96].

(77)
Tender pointed gourd
(bālaṃ ciḍbila / बालं चिड्बिलम्)

बालं तु चिड्बिलं तिक्तं कफमेहहरं गुरु ।97 ।

Tender pointed gourd (Bālaṃ ciḍbilaṃ) is bitter, alleviates diseases of kapha and polyuria, and is hard to digest[97].

(78)
Ripe pointed gourd
(madhyama ciḍbila / मध्यम चिड्बिलम्)

आम्लं तु मध्यमफलं रुचिकृत्पित्तकोपनम् ।98 ।

Ripe pointed gourd (Madhyama ciḍbila) is sour, improves taste and aggravates pitta[98].

(79)
Tanner's cassia fruit
(ākulīphalam / आकुलीफलम्)

आकुलीफलमत्यन्तं कषायं ग्राहि मेहजित् ।99 ।

Tanner's cassia is highly astringent in taste and water absorbent and relieves polyuria[99]. [*Senna auriculata* ?]

(80)
Large pointed gourd
(bṛhaccḍbilaṃ / बृहच्चिड्बिलं)

बृहच्चिड्बिलं भेदि फलं त्रपुसवद्गुणैः ।100 ।

Large pointed gourd (bṛhaccḍbilaṃ) aids purgation and has attributes alike cucumber (trapusa) [100].

(81)
Bharadvaji phala
(Bhāradvājaphalam / भारद्वाजफलं)

भारद्वाजफलं तिक्तं कषायं प्लीहगुल्मनुत् ।101 ।

Bhāradvājaphala is bitter and astringent and alleviates splenic disorders and abdominal lumps [101].

(82)
Radish fruit
(Mūlaka phalam / मूलकं फलम्)

मूलकस्य फलं तिक्तं स्निग्धं वातकफापहम् ।102 ।

Radish fruit is bitter, unctuous, aggravates vāta and kapha[102].

(83)
Egyptian riverhemp
(Somajaṃphalam / सोमजम् फलम्)

विपाके कटुकं चोष्णं मधुरं सोमजं फलम् ।103 ।

Egyptian riverhemp (Somaja phala) is pungent after digestion, hot and sweet[103]. [Sominta (Telugu)=Somida (Telugu)=*Sesbania sesban* (L.) MERR.]

(84)
Coffee senna
(kāsamardaphalam / कासमर्दफलम्)

कासमर्दफलं रूक्षं कासश्वासनिबर्हणम् ।104 ।

Coffee senna (Kāsamardaphala) is dry and useful for cough and breathing difficulty[104].

इति द्रव्यरत्नावल्यां आमफलवर्गः समाप्तः

Here, ends the description of the group of unripe fruits in Dravyaratnāvali.

28. FERMENTED, SOUR GRUEL GROUP

Khalavargaḥ / खलवर्गः

Now, the description of the category of various fermented drinks with buttermilk According to the procedure narrated in the text, khala means fermented drugs/ drinks mainly made with buttermilk and served with food. Jejjaṭa says khala is a curry (vyañjana) prepared with curd, pomegranate and vegetables. According to Siddha-mantra-prakāśa, khala is a soup made with buttermilk, whey of curd (dadhi mastu), Castor oil, Neem oil, Horse-gram, Indian plum (Jujube) and barley (yava). A reference from Suśṛtasaṃhita states that khaḍa(la) is wholesome in disorders of vāta and kapha. In the commentary, Ḍalhaṇa stated that khala has two types. The first type is prepared with buttermilk and cereals (śamīdhānya); The second type is made with buttermilk and vegetables.

(1)

Coffee senna sour gruel

(kāsamardaśukta guṇāḥ / कासमर्दशुक्त गुणाः)

कासन्नपत्रं संक्षुद्य निक्षिपेज्ज्येष्ठवारिणि ।
तत्र क्षीरयवागूभिः सघृताभिर्विपाचितम् । ।1 । ।
क्रमेणाम्लत्वमायातं शुक्तं तत्कासमर्दकम् ।
अग्निदीप्तिकरं रुच्यं गुल्मकासानिलार्तिजित् । ।2 । ।

Leaves of Coffee Senna are pulverized, combined with rice wash water, and boiled along with milk, yavāgu, and ghee. This is left to be fermented slowly and is known as kāsamardaka śukta. It enhances digestive fire and taste and is beneficial in the abdominal lump, cough, and disorders of vāta [1-2].

(2)

Sickle senna sour gruel

(cakramardadalaśukta guṇāḥ / चक्रमर्ददलशुक्त गुणाः)

चक्रमर्ददलं क्षुण्णं निक्षिपेज्ज्येष्ठवारिणि ।
सर्पिर्यवागूक्षीराद्यैः स्निग्धं शुक्तं रुचिप्रदम् । ।3 । ।

Leaves of Sickle senna are ground, combined with rice water and boiled after adding ghee, yavāgu, milk, etc. to it and fermented. It improves taste [3].

(3)

Rajmahal Hemp sour gruel

(moraṭaśukta guṇāḥ / मोरटशुक्त गुणाः)

मोरटस्य दलं क्षुण्णं ज्येष्ठवारिणि निक्षिपेत् ।
सर्पिर्यवागूक्षीराद्यैः स्निग्धं शुक्तं रुचिप्रदम् । ।4 । ।
पाण्डुशोफक्रिमिहरं उदराष्ठीलनाशनम् ।5 ।

Leaves of Rajmahal Hemp are crushed, combined with rice water, made to boil after adding ghee, soup, milk, etc., and fats, and later fermented. This śuktaṃ (fermented gruel) is tasty and helpful in anemia, edema, worm infestation, ascites, and prostatic enlargement [4-5]. (According to Sabdaratnākara, 'Chekonada' (Telugu name) is Kṣīramoraṭa-Vastguṇaadīpika it is 'Chekonithi Chettu'.)

(4)

Kuṃjarakarṇā śukta

(kuñjarakarṇaśukta guṇāḥ / कुञ्जरकर्णशुक्त गुणाः)

तण्डुलवारिणि कुंजरकर्णामूलकनालकपपत्रसमेतम् ।
क्षीरं घृतामलतक्रयवागूसाधितमाशु हरत्यतिशीतम् । ।5-6 । ।

Roots, leaves, and stem of kuṃjarakarṇā are crushed, combined with rice water, ghee, emblic myrobalan, buttermilk, and gruel (yavāgu), processed and fermented. This śukta (fermented gruel) relieves the body affected by excessive coolness (on touch) [6].

(5)

Buttermilk khala

(takrakhala guṇāḥ / तक्रखल गुणाः)

कैडर्यं मरिचाजमोदधनिकं सिन्धूत्थसिद्धार्थकम् ।
चव्यं चित्रकशृङ्गिबेर लशुनं सम्यक्समं पेषितम् । ।7 । ।
तक्रे लोलितमारनालसहितं पक्वं प्रकुर्याच्छनैः ।
हिङ्वादिप्रतिवापिधूपितखलं सर्वामयघ्नं परम् । ।8 । ।

Curry leaves, black pepper, wild celery seeds, coriander seeds, rock salt, mustard, cavyaṃ citraka, ginger and garlic, all are taken in equal parts, grinded, combined with buttermilk, araṇāla (fermented sour gruel made from

boiled rice, etc.) and slowly boiled on low flame. Asafoetida, etc, fragrant drugs are later added to this khala. It is effective in relieving all types of disease [7-8].

(*)

Variation of the text in another manuscript

(granthāntare / ग्रन्थान्तरे)

तक्रादिसिद्धं खलमग्निदीप्तिं तनोति हृद्यं ग्रहणीगदघ्नम् ।
सुधूपितं जीरकमुख्यवर्गैः समस्तरोगप्रशमाय शस्तम् । ।**9** । ।

Khala made from buttermilk, etc, triggers digestive fire, is good for heart, pacifies disorders of lower gastro intestinal tract. When processed with cumin, etc and made tasty with pleasant smell, it is effective in relieving all diseases [9].

(6)

Yam sour gruel

(sūraṇakhala guṇāḥ / सूरणखल गुणाः)

सूरणखण्डतक्रे क्षिप्तोषणजीरकं सकैडर्यम् ।
सम्यक्सिद्धं गुल्मानाहोर्शोदरवह्निदीप्तिकरम् । ।**10** । ।

Khala prepared with pieces of yam (sūraṇa) added to buttermilk along with black pepper, cumin and curry leaves relieves abdominal lump, distension, haemorrhoids, ascites and stimulates digestive fire [10].

(7)

Buttermilk khala variants

(dravyānusāratakrakhala guṇāḥ / द्रव्यानुसारतक्रखल गुणाः)

विनिक्षिप्य तक्रे च यद्द्रव्यजातं सुसिद्धं हितं तत्खलं तद्गुणं स्यात् ।
समस्तं खलं दीपनरोचनीयं क्रिमिघ्नं सरं सर्वदोषापहारि । ।**11** । ।

Different varieties of khalas prepared by adding respective drugs to buttermilk and processed have similar properties of the source drugs. All types of khala kindle appetite, improve taste, laxative, remove worms and alleviate all doṣa [11].

(8)

Khala - Generic description

(dravyānusārakhala guṇāḥ / द्रव्यानुसारखल गुणाः)

तत्तद्द्रव्यभवं शुक्तं तत्तद्द्रव्यगुणं भवेत् ।
क्रिमिघ्नं रोचनं हृद्यमग्निदीप्तिकरं सरम् । ।**12** । ।

Khalas prepared with different drugs have the properties of source drugs: they remove worms, improve taste and digestive fire, and are suitable for heart and laxatives [12].

इति द्रव्यरत्नावल्यां खलवर्गः समाप्तः ॥

Here ends the description of khalavarga/a group of fermented drinks made with buttermilk in Dravyaratnāvali.

29. TUBULAR VEGETABLE GROUP

Nālavargaḥ/ नाल वर्गः

Now the description of category of tubular vegetables.

(1)

Banana Stem

(rambhastambha guṇāḥ / रम्भास्तम्भ गुणाः)

रम्भास्तम्भो हिमस्तृष्णासोमरोगप्रमेहनुत् ।1 ।

Plantain stem is cold, and useful in thirst, leucorrhoea, and diabetes.

(2)

Wild plantain stem

(āraṇyakadalīnāla guṇāḥ / आरण्यकदलीनाल गुणाः)

आरण्यकदली जातं दुर्जरं तच्चिदोषजित् ।2 ।

Forest Plantain stem takes a long time to digest; aggravates tridoṣa.

(3)

Elephant foot yam stem

(sūraṇanāla guṇāḥ / सूरणनाल गुणाः)

नालं सूरणसम्भूतमर्शोघ्नं रुच्यमग्निकृत् ।3 ।

The Stem of Elephant foot yam relieves hemorrhoids, and improves taste and digestive fire.

(4)

Spring Onion tubes

(vullsanāla guṇāḥ / वुल्लीसनाल गुणाः)

वुल्लीसनालकं तृष्णादीपनं पित्तकृत्परम् ।4 ।

Spring onion tubes induce thirst and aggravate pitta [4].

(5)

Stem of water lily

(kumudanāla guṇāḥ / कुमुदनाल गुणाः)

नालं कुमुदसम्भूतं शीतलं पित्तहृद्गुरु ।5 ।

Stem of Water Lilly is cold, pacifies pitta, and is hard to digest [5].

(6)

Lotus stem

(mṛṇālanāla guṇāḥ / मृणालनाल गुणाः)

मृणालं मधुरं शीतं रक्तपित्तप्रसादनम् ।6 ।

Lotus stem is sweet, and cold, and pacifies epistaxis[6].

(7)

White taro root stem

(śākuṭajanāla guṇāḥ / शाकुटजनाल गुणाः)

नालं शाकुटजं श्वेतमर्शोघ्नं दीपनं लघु ।7 ।

Stem of white Taro root (Arbi) relieves hemorrhoids, kindles appetite, and is easy to digest [7].

(8)

Black taro root stem (Arbi)

(kṛṣṇaśākuṭajanāla guṇāḥ / कृष्णशाकुटजनाल गुणाः)

कृष्णशाकुटजं नालं विष्टम्भि गुरु दोषलम् ।8 ।

The Stem of the black Taro root (Arbi) causes constipation, is hard to digest, and vitiates doṣa [8].

(9)

Giant taro stem

(hastikarṇanāla guṇāḥ / हस्तिकर्णनाल गुणाः)

हस्तिकर्णसमुद्भूतं नालमर्शोविनाशनम् ।
शीतज्वरहरं भेदि चोष्णं चाग्निप्रदीपनम् ।।9 ।।

Stalks of giant taro (hastikarṇa) relieve haemorrhoids and fever with chills, purgative, hot and ignite digestive fire[9]. [*Alocasia macrorhiza* (L.) G.Don]

इति द्रव्यरत्नावल्यां नालवर्गः समाप्तः ॥

Here ends the description of the tubular stems/ leaves category in Dravyaratnāvali.

30. CATEGORY OF ROOTS

Sūraṇādi mūlavarga/ सूरणादि मूलवर्गः

Now the description of category of roots alike sūraṇa and others

(1)

Sweet variety of elephant foot yam

(madhurasūraṇa guṇāḥ / मधुरसूरण गुणाः)

मधुरस्सूरणो रुच्यो विशदः क्रिमिनाशनः ।

अर्शः पथ्योऽग्नि जननविबन्धाध्मानहृल्लघुः ।।1।।

A sweet variety of elephant foot yam is sweet, tasty, non-slimy, relieves worm infestation, haemorrhoids, constipation and distension; wholesome, stimulates digestive fire, and is easy to digest[1].

(2)

Itchy elephant foot yam

(kaṇḍūsūraṇa guṇāḥ / कण्डूसूरण गुणाः)

कण्डूसूरणमत्यर्थं दीपनं विशदं लघु ।

अर्शोघ्नं श्लेष्मवातघ्नं पथ्यं क्षयहरं परम् ।।2।।

Itchy Elephant Foot Yam (Kaṇḍusūraṇa) is sweet, kindles appetite, non-slimy, and easily digestible; Madhura, dīpana, viśada, laghu, alleviates arśas, kapha, vāta and kṣaya, it is wholesome[2].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

अर्शोघ्नं दीपनं पथ्यं चक्षुष्यं क्रिमिनाशनम् ।

बल्यं पुष्टिकरं चैव ज्ञेयं सूरणकन्दकम् ।।3।।

Elephant foot is a valuable yam in haemorrhoids, kindles appetite, is wholesome, good for eyes, removes worm infestation, and imparts strength and nourishment[3].

(3)

Wild Elephant Foot Yam

(vanasūraṇakanda guṇāḥ / वनसूरणकन्द गुणाः)

गुल्मोदरार्शः कफहृद्वनसूरणकन्दकम् ।

क्रिमिघ्नं दीपनं रुच्यं वातपित्तहरं परम् ।।4।।

Wild elephant foot yam effectively relieves abdominal lump, ascites, haemorrhoids, worm infestation and disorders of kapha, vāta and pitta; it kindles appetite and improves taste[4].

(4)

Mushroom

(bhūmikanda guṇāḥ / भूमिकन्द गुणाः)

दोषत्रयकरो भूमिकन्दो गुरुतरो मतः ।5।

Mushrooms (bhūmikanda) aggravate tridoṣa and are extremely hard to digest[5].

(5)

Tapioca

(piṇḍāluka guṇāḥ / पिण्डालुक गुणाः)

पिण्डालुकं पित्तहरं वृष्यं स्वादु कफप्रदम् ।6।

Tapioca (piṇḍāluka) alleviates pitta, is aphrodisiac, sweet and aggravates kapha[6].

(6)

Gaṅgāluka

(gaṅgāluka guṇāḥ / गङ्गालुक गुणाः)

गङ्गालुकं क्रिमिहरं वृष्यं बल्यं सरं गुरु ।7।

Gaṅgāluka removes worms, is aphrodisiac, strengthening, laxative and hard to digest[7].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

गङ्गालुकं पित्तहरं विशेषाद्वृष्यं गुरु स्वादु कफापहं च ।8।

Gaṅgālukaṃ alleviates pitta and kapha, effectively aphrodisiac, hard to digest and sweet [8].

(7)

Colocasia

(śākuṭakanda guṇāḥ / शाकुटकन्द गुणाः)

कफकृच्छाकुटं कन्दं विष्टम्भि गुरु दुर्जरम् ।

क्रिमिहृद्वातपित्तघ्नं विपाके मधुरं तथा ।।9।।

Colocasia aggravates kapha, causes constipation, takes a long time, and is hard to digest, removes worm infestation, pacifies vāta and pitta, and is sweet after digestion[9].

(8)

Purple yam

(piṇḍāluka guṇāḥ / पिण्डालुक गुणाः)

ईषत्कफहरं पित्तहरं पिण्डालुकं लघु ।10।

Purple yam (Piṇḍāluka) alleviates kapha and pitta; and is easily digestible[10]. [*Dioscorea alata* (purple yam) ?]

(9)

Water Chestnut

(śṛṅgāṭakakanda guṇāḥ / शृङ्गाटककन्द गुणाः)

वृष्यः शृङ्गाटकं स्वादु मेदः कफहरं गुरु ।**11** ।

Water Chestnut (Śṛṅgāṭakaṃ) is aphrodisiac, sweet, diminishes fat, pacifies kapha and is hard to digest[11]. [*Trapa natans* L.]

(10)

Forest Yam

(vanakanda guṇāḥ / वनकन्द गुणाः)

वनकन्दं क्रिमिहरं कषायमनिलापहम् ।**12** ।

Forest Yam (Vanakandaṃ) removes worm infestation, is astringent and pacifies vāta[12]. [*Amorphophallus sylvaticus* (ROXB.) KUNTH]

(11)

Sweet potato

(māṇaka kanda guṇāḥ / माणक कन्द गुणाः)

माणकं मधुरं शीतं दुर्जरं कफशुक्रकृत् ।**13** ।

Sweet potato is sweet, cold, takes a long time to digest, aggravates kapha and improves semen[13].

(12)

Tender and ripe/old ginger

(taruṇa evaṁ pakvaśṛṅgavera guṇāḥ / तरुण एवं पक्वशृङ्गवेर गुणाः)

तरुणं शृङ्गिबेरं स्याद्वातलं कफपित्तजित् ।

अव्यक्तरसवीर्यत्वा त्तत्पक्वं च कफापहम् । ।**14** । ।

त्रिदोषघ्नं शोफगुल्मक्षयापहम् ।

शूलानाहार्शसां पथ्यं वृष्यं बल्यं रुचिप्रदम् । ।**15** । ।

Tender ginger aggravates vāta, alleviates kapha and pitta, has imperceptible taste and potency. Ripe, old ginger alleviates diseases of kapha, tridoṣa, oedema, abdominal lump, tuberculosis, is wholesome in abdominal colic, distension and haemorrhoids. It is aphrodisiac, strengthening and imparts taste[14-15].

(*)

Variant text

(granthāntare / ग्रन्थान्तरे)

आर्द्रकं सर्वदोषघ्नं लघु प्लीहार्शः शोफनुत् ।

गुल्मानाहशूलघ्नं रुच्यं वृष्यं बलप्रदम् । ।**16** । ।

Ginger alleviates all doṣa, is easily digestible, useful in splenic disorders, haemorrhoids, oedema, abdominal lump, distension and colic; improves taste; is aphrodisiac and strengthening[16].

(13)

Turmeric

(haridrā guṇāḥ / हरिद्रा गुणाः)

हरिद्रा कुष्ठकण्डूघ्नी तन्द्रारोपणपाचनी ।

नाशनी क्रिमिदोषाणां विशेषाच्छ्लेष्मनाशनी । ।**17** । ।

कटुतिक्तरसा लघ्वी वर्णाढ्या मेहनाशनी ।**18** ।

Turmeric is helpful in integumentary disease, pruritis, worm infestation, polyuria and particularly pacifies kapha. It aids in healing wounds and improves digestion. It is pungent and bitter in taste, easy to digest and imparts a good complexion[17-18].

(14)

Garlic

(rasona guṇāḥ / रसोन गुणाः)

रसोनोऽम्लरसा युक्तो गुरूष्णः कफवातजित् ।

गुल्मार्शः कुष्ठयक्ष्मार्ति प्लीहहिध्मारुचिक्रिमीन् । ।**19** । ।

भग्नसन्धानहृद्रोगशोफान् हन्ति रसायनम् ।**20** ।

Garlic has all other tastes (5) except sour; it is hard to digest, hot, alleviates diseases of kapha and vāta, abdominal lump, haemorrhoids, integumentary disease, tuberculosis, splenic disorders, singultus, anorexia, worm infestation, diseases of heart and oedema. It helps in the union of fractured bones and aids in rejuvenation[19-20].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

कटुपाकरसस्तीक्ष्णो भृशोष्णो लशुनो लघुः ।

रोचनो दीपनो वृष्यो हृद्यः केश्यो गुरुः परम् । । **21** । । (भा.प्र)

अर्शोमेहक्रिमिहरः कुष्ठकीलासगुल्महृत् ।

कफानिलश्वासहिध्मा कासहृद्रक्तपित्तकृत् । ।**22** । ।

Garlic is pungent in taste and after digestion, sharp, causes heat, is easy to digest, improves taste, kindles appetite, is aphrodisiac, good for heart and hair growth, and hard to digest. It is helpful in haemorrhoids, polyuria, worm infestation, integumentary disease, vitiligo due to pitta, abdominal lump, diseases of kapha and vāta, difficult breathing, hiccough (hikka) and cough; triggers epistaxis[21-22].

(15)

Onion

(palāṇḍu guṇāḥ / पलाण्डु गुणाः **)**

ईषत्तद्गुणसंयुक्तः पलाण्डुर्नातिपित्तलः ।

सर्वग्रहपिशाचघ्नः कफवातार्शसां हितः । ।23 । ।

Onion has qualities similar to garlic but with less intensity. It does not excessively aggravate pitta. It relieves possession by all types of evil spirits and is effective in diseases of kapha, vāta and haemorrhoids[23].

(*)

Another reading

(pāṭhāntare / पाठान्तरे **)**

पलाण्डुस्तरुणो न्यूनो विपाके मधुरस्सरः ।

कफं करोति पित्तं च केवलानिलनाशनम् । ।24 । ।

Tender onion has lesser qualities, is sweet after digestion, is laxative, aggravates kapha and pitta, and alleviates only vāta[24].

(16)

Āmikā kanda

(āmikākanda guṇāḥ / आमिकाकन्द गुणाः **)**

आमिकाकन्दमर्शोघ्नं कफवातहरं लघु ।

अतिसारे ग्रहण्यां च शस्तं च मदात्यये । ।25 । ।

Āmikā kanda pacifies haemorrhoids, kapha and vāta, is easy to digest, effective in diarrhoea, disorders of the lower gastrointestinal tract and alcohol intoxication[25]. [*Naravelia zeylanica* DC. ??]

(17)

Lotus tuber

(padmakanda guṇāḥ / पद्मकन्द गुणाः **)**

पद्मकन्दं वातकरं कषायं मधुरं गुरु ।

चक्षुष्यं कफपित्तघ्नं गुल्मकृत्पाण्डुरोगजित् । ।26 । ।

Tubers of lotus aggravate vāta, are astringent and sweet, hard to digest, good for eyes, alleviate kapha, pitta and anaemia; induce abdominal lump[26].

(18)

Tubers of Water Lilly

(utpalakanda guṇāḥ / उत्पलकन्द गुणाः **)**

कन्दमुत्पलजं रुच्यं वृष्यमक्षिहितं गुरु ।

कषायं मधुरं ग्राहि शीतलं वातकारणम् । ।27 । ।

Tubers of water lilly are tasty, aphrodisiac, good for eyes, hard to digest, astringent and sweet, water absorbent, cold and vitiate vāta[27].

(19)

Kaśeru kanda

(kaśerukanda guṇāḥ / कशेरुकन्द गुणाः **)**

कशेरु कन्दं पित्तघ्नं गरीयं शीतलं परम् ।28 ।

Tubers of kaśeru alleviate pitta, hard to digest and is very cold[28].

(20)

Śākakanda

(śākakanda guṇāḥ / शाककन्द गुणाः **)**

कफानिलकरं शाककन्दं स्वादु हिमं गुरु ।

अतिसारक्रिमिकरं रुच्यं बल्यं प्रमेहनुत् । ।29 । ।

Śāka kanda aggravates kapha and vāta, is sweet, cold and hard to digest; triggers diarrhoea and worm infestation; imparts taste and strength; relieves diabetes[29].

(21)

White Arbi, Taro

(śākuṭakanda guṇāḥ / शाकुटकन्द गुणाः **)**

शाकुटस्य च कन्द यत्कफघ्नं त्वर्शसां हितम् ।

कुष्ठघ्नं दुर्जरं चैव मेहनुत्क्रिमिनाशनम् । ।30 । ।

Tubers of the white variety of Taro/Arbi (śākuṭa) alleviate kapha, haemorrhoids, integumentary disease, polyuria and worm infestation; it takes a long time to digest[30].

(22)

Black Arbi

(kṛṣṇaśākuṭakanda guṇāḥ / कृष्णशाकुटकन्द गुणाः **)**

कृष्णशाकुटकन्दं च वातश्लेष्मकरं गुरु ।

प्रमेहकृद्दुर्जरं च बुद्धिमान् वर्जयेत्परम् । ।31 । ।

A black variety of Taro/Arbi aggravates vāta and kapha, is hard to digest, induces diabetes and takes a long time to digest. So, an intellect should better avoid this[31].

(23)

Palmyra sprouts

(tālakanda guṇāḥ / तालकन्द गुणाः **)**

तालस्य कन्दं भिषजो वदन्ति

त्रिदोषकृद्बद्धपुरीषमूत्रम् । ।32 । ।

According to physicians, palmyra sprouts (tāla kanda) aggravate tridoṣas, cause obstruction of faeces and urine[32].

(24)

Banana corm

(kadalīkanda guṇāḥ / कदलीकन्द गुणाः **)**

बल्यं कदल्याः कन्दं तु शीतलं वस्तिशोधनम् ।

पित्तेऽग्नौ हितं वृष्य मसृग्दर हरं परम् । ।33 । ।

Tubers of plantain improve strength, are cold, cleanse the urinary bladder, are effective in diseases of pitta and aggravated digestive fire, are aphrodisiac and relieve metrorrhagia[33].

(25)

Kolaṭi kanda

(kolaṭikanda guṇāḥ / कोलटिकन्द गुणाः **)**

कोलटिकंदं स्यात्किञ्चित्स्वादुरसं गुरु ।34 ।

Kolaṭi kaṃda is a little sweet in taste and hard to digest[34].

(26)

Paccaṭī kanda

(paccaṭīkanda guṇāḥ / पच्चटीकन्द गुणाः **)**

पच्चटी च गुणैस्तद्वद्बृंहणी ग्रीणनी गुरु ।35 ।

Paccaṭī Kanda has similar properties as above, imparts nourishment and satiation and is hard to digest [35].

(27)

Maduśigru

(Madhuśigrumūla guṇāḥ / मधुशिग्रुमूल गुणाः **)**

पित्तं कटूष्णं मधुशिग्रुमूलं श्लेष्मानिलघ्नं लघु दीपनं च ।36 ।

Roots of madhuśigru aggravate pitta, are pungent, hot, alleviate kapha and vāta, easy to digest and kindle appetite[36].

द्रव्यरत्नावल्यां सूरणादिकन्दवर्ग स्समाप्तः ॥

Thus it ends the description of the group of tubers like sūraṇa and others in Dravyaratnāvali.

31. GROUP OF KERNELS, PITH

Majjāvarga/ मज्जावर्ग

Now, the description of the group of pith vegetable

(1)

Sprouted coconut kernel

(nārikelāṅkuritaphalamajjā guṇāḥ / नारिकेलाङ्कुरितफलमज्जा गुणाः)

यन्नारिकेलाङ्कुरितफलमज्जा गुरुस्सरः ।

वातपित्तहरो वृष्यो बृंहणो रोचनो हिमः ।।1।।

The edible pulp (fleshy part) in the sprouts of coconut is hard to digest, laxative, alleviates vāta and pitta, is aphrodisiac, imparts nourishment and taste and is cold[1].

(2)

Coconut kernel

(nārikelamastaka guṇāḥ / नारिकेलमस्तक गुणाः)

मस्तकं नारिकेलस्य वातपित्तहरं गुरु ।2 ।

The white edible part of coconut (endosperm) pacifies vāta, pitta and is hard to digest [2].

(3)

Palmyra fruit kernel

(tālamastaka guṇāḥ / तालमस्तक गुणाः)

तालस्य मस्तकं तिक्तं मधुरं गुरु बृंहणम् ।3 ।

The edible part of palmyra fruit/ice-apple/sugar-palm fruits is bitter and sweet, hard to digest and imparts nourishment[3].

(4)

Śrītālamastaka

(śrītālamastaka guṇāḥ / श्रीतालमस्तक गुणाः)

श्रीतालमस्तकं वातकरं च गुरु बृंहणम् ।4 ।

Śrītālamastaka aggravates vāta, which is hard to digest and improves nourishment[4].

(5)

Areca nut kernel

(pūgamastaka guṇāḥ / पूगमस्तक गुणाः)

पूगस्य मस्तकं स्वादु कषायं कफपित्तनुत् ।5 ।

The kernel of Areca nut (betel nut palm) is sweet and astringent, alleviating kapha and pitta [5].

(6)

Screw-Pine fruit

(ketakīmastaka guṇāḥ / केतकीमस्तक गुणाः)

केतकी मस्तकं गुल्मकुष्ठानाहार्शसां हितम् ।6 ।

The Umbrella tree's fruit (Screw-Pine) effectively treats abdominal lumps, integumentary diseases, distension, and haemorrhoids[6].

(7)

All types of edible kernel, pulp

(sarvamastaka guṇāḥ / सर्वमस्तक गुणाः)

मस्तकानि च सर्वाणि श्लेष्मकानि विशेषतः ।

रुचिप्रदानि बल्यानि बृंहणानि गुरूणि च ।।7।।

All types of kernel pulp particularly aggravate kapha; impart taste, strength and nourishment and are hard to digest[7].

इति द्रव्यरत्नावल्यां मज्जावर्गः समाप्तः ॥

Thus, ends the description of group of pulp in Dravyaratnāvali.

32. GROUP OF PICKLES

Harita vargaḥ / हरित वर्गः

Now, the description of the group of pickles Harita means those which are raw and that are not dry. But in this group, all pickles are mentioned in haritavarga. In a palm leaf manuscript named 'dravyamuktāvalī', the term 'paccaḍi' (Telugu name for pickle) is used to indicate the same meaning in saṃskṛt śloka. In Carakasaṃhita, raw drugs are described under haritavarga.

(1)
Ash gourd pickle
(kūṣmāṇḍakanda haritaka guṇāḥ / कूष्माण्डकण्ड हरितक गुणाः **)**

कूष्माण्डखण्डसमुद्भूतं सूक्ष्मं हरितकं जयेत् ।
वातपित्तामयान् सर्वान् पीनसघ्नं रुचिप्रदम् । ।1 । ।

Pickle made from the Ash gourd pieces relieves all diseases of vāta and pitta, rhinitis and improve taste[1].

(2)
Tender Sword Bean pickle
(śimbabālaphala haritaka guṇāḥ / शिम्बबालफल हरितक गुणाः **)**

शिम्बस्य बालफलकरण्डसुकन्दसूक्ष्मैः सज्जीकृतं हरितकं मदकारि किञ्चित् ।
मन्दानलस्य विभवं विनिहन्त्यवश्यं मूलामयस्य जननं भृशसेवनेन । ।2 । ।

Pickle made from the tender pieces of Sword Bean induces slight intoxication, improves digestive fire, and on excess consumption causes haemorrhoids[2].

(3)
Ginger pickle
(śṛṅgaberādi haritaka guṇāḥ / शृङ्गबेरादि हरितक गुणाः **)**

हरितकमति सूक्ष्मं शृङ्गबेरास्रमिश्रम् ।
परिमलकुसुमाद्यैर्वासितं वातहारि । ।3 । ।

Pickle made from very small pieces of ginger, sour substances and flavoured with fragrant flowers, pacifies vāta [3].

(4)
Tender brinjal pickle
(bālavārtāka haritaka guṇāḥ / बालवार्ताक हरितक गुणाः **)**

कफकरमरुचिघ्नं बालवार्ताकजातम् ।
क्षयभवसुविकारं पित्तजिच्छर्कराढ्यम् । ।4 । ।

Pickle made with pieces of tender Brinjal combined with abundant sugar aggravates kapha; alleviates anorexia, diseases due to pitta and complications induced by tuberculosis[4].

(5)
Ginger pickle
(ārdraka haritaka guṇāḥ / आर्द्रक हरितक गुणाः **)**

श्लेष्मापहं रुचिकरं विनिहन्ति वातम् ।
नासास्यकण्ठगतरोगहरं च वृष्यम् । ।5 । ।

Pickles made with ginger alleviate kapha and vāta, are tasty and effective in relieving nose, oral cavity and throat diseases, and aphrodisiac [5].

(6)
Ginger, lemon juice pickle
(jambīranīraparipūritaśṛṅgabera haritaka guṇāḥ / जम्बीरनीरपरिपूरितशृङ्गबेर हरितक गुणाः **)**

गुल्माङ्कुरश्वयथुपाण्डुगदं निहन्ति
जम्बीरनीरपरिपूरितशृङ्गबेरम् ।6 ।

Pickle made from ginger and lemon juice is useful in abdominal lump, haemorrhoids, oedema and anaemia [6].

(7)
Ginger, green tamarind pickle
(ārdraka evaṁ ciñcāphala haritaka guṇāḥ / आर्द्रक एवं चिञ्चाफल हरितक गुणाः **)**

आर्द्रचिञ्चाफलैर्युक्तं दीपनं कफकोपनम् ।7 ।

Pickles made from ginger and raw (green) tamarind fruit kindle appetite and vitiate kapha [7].

(8)
Plantain stem pickle
(kadalīdaṇḍodbhava haritaka guṇāḥ / कदलीदण्डोद्भव हरितक गुणाः **)**

दण्डोद्भवं हन्त्यखिलाङ्गतापं सम्भारमिश्रं हरितं कदल्याः ।
पित्तस्य शान्तिं मरुतं निहन्ति
कफामयस्योदयमातनोति । ।8 । ।

Pickle made from the stem of plantain and processed with hing (asafetida), cumin (jīraka) and other spices alleviates burning sensation of all body parts, pitta and vāta; generates diseases of kapha[8].

(9)
Ivy gourd pickle
(bimbīphala haritaka guṇāḥ / बिम्बीफल हरितक गुणाः **)**

बिम्बीफलैर्विहितकं हरितं निहन्ति पित्तस्य कोपमपि मारुतसञ्चयं च ।
देहस्य पुष्टिजनकं शुभकान्तिकारि सम्भारसौरभयुतं भजतां कफघ्नम् । ।9 । ।

Pickle made from Ivy gourd/Gherkins alleviates aggravated pitta and vitiated vāta, nourishes the body, imparts good complexion and that processed with fragrant spices alleviates kapha[9].

(10)
Mārkaṇḍikā haritaka
(markaṇḍikā haritaka guṇāḥ / मर्कण्डिका हरितक गुणाः **)**

मार्कण्डिकायाश्शकलैस्सुसूक्ष्मैः कृतं सुसम्भारयुतैस्सखण्डैः ।
जयेदवश्यं कफजान्विकारा नाद्यं कृशानोपरि मारुतं च । ।10 । ।

Pickle made from small pieces of mārkaṇḍikā processed with fragrant drugs is effective in diseases of kapha, improves digestive fire and aggravates vāta[10].

(11)
East Indian globe- thistle pickle
(muṇḍī haritaka guṇāḥ / मुण्डी हरितक गुणाः **)**

मुण्डी हरितकं हन्ति कफमारुतकोपनम् ।
दीपनं ग्रहणीरोग निर्मूलनकरं परम् । ।11 । ।

Pickle made from the fruits of the East Indian globe- thistle alleviates aggravated kapha and vāta, kindles appetite and is effective in relieving disorders of the lower gastrointestinal tract[11].[*Sphaeranthus hirtus* Willd.]

(12)
Ripe Indian dates pickle
(pakvapārāvataphala haritaka guṇāḥ / पक्वपारावतफल हरितक गुणाः **)**

पारावतफलैः पक्वैः कृतं हरितकं फलम् ।
करोति दीपयुत्यग्निं ससम्भारं रुचिप्रदम् । ।12 । ।

Pickles made from ripe Indian dates (wild date palm fruits) increase digestive fire, and processed with spices, they are tasty[12].

(13)
Hogweed pickle
(punarnavā haritaka guṇāḥ / पुनर्नवा हरितक गुणाः **)**

पुनर्नवाकृतं सूक्ष्मं हरितं हरति ध्रुवम् ।
अजीर्णमामदोषं च क्रिमिशूलोदराणि च । ।13 । ।

Pickles made from pieces of Hogweed/Punarnavā haritaka undoubtedly relieve indigestion, āma doṣa (vitiated āma), worm infestation, abdominal colic and ascites[13].

(14)

Long pepper pickle

(toyamāgadhika haritaka guṇāḥ / तोयमागधिक हरितक गुणाः **)**

तोयमागधिकोद्भूतं हरितम् च रसं कटु ।
कृत्वाग्निजननं हृद्यं श्लेष्मलं रुचिकारकम् । ।14 । ।

Pickles made from long Pepper/ toyamāgadhi haritaka is pungent in taste, generate digestive fire, are good for the heart, aggravate kapha and improve taste[14].

(15)

Mango pickle

(cūtaphala haritaka guṇāḥ / चूतफल हरितक गुणाः **)**

रुच्यं चूतफलोद्भवं हरितकं दुर्नामदुःखप्रदम् ।
कासश्वासकरं कफं वितनुते नेत्रामयोत्पाटवम् । ।15 । ।
नो शस्तं विसर्पकार्तिवपुषां पित्तातुराणां नृणाम् ।
दुष्टास्रोदयमातनोत्यतितरां संसेवनाद्धाहि च । ।16 । ।

The mango pickle is tasty, generates haemorrhoids, cough, difficulty breathing, aggravates kapha, and is good for eye diseases. It is not good for those suffering from acute spreading eruptions and diseases due to pitta. Excess intake vitiates blood and is constipating/water absorbent[15-16].

(16)

Raw Mango Pickle

(sārāmlaharitaka guṇāḥ / सारास्रहरितक गुणाः **)**

सारास्रहरितं हन्ति जठरानलं बृंहणम् ।
तनोति पित्तकोपं तु कफस्य च परं ततः । ।17 । ।

Pickle made from raw mango diminishes digestive fire, impart nourishment, and aggravates already vitiated pitta and kapha[17].

(17)

Banana, tamarind and spice pickle

(ciñcāphalarasa evaṁ kadalīphala haritaka guṇāḥ / चिञ्चाफलरस एवं कदलीफल हरितक गुणाः **)**

चिञ्चाफलरसोद्भूतैः कदलीफलखण्डनैः ।
कृतं हरितकं सर्वं सम्भारैर्वातपित्तजित् । ।18 । ।

Pickles made with tamarind juice and pieces of banana fruit processed with spices alleviate all diseases of vāta and pitta[18].

(18)

Indian sarsaparilla root pickle

(śāribāmūla haritaka guṇāḥ / शारिबामूल हरितक गुणाः **)**

शारिबाहरितमूलखण्डनैर्निर्मितं हरितकं समीरणः ।
विद्धन्ति कफगदानपि क्षणात्
पित्तमप्यनलवृद्धिकारणम् । ।19 । ।

Pickle made from the pieces of roots of Indian sarsaparilla (śāribā) alleviates diseases of vāta and kapha, aggravates pitta and improves digestive fire[19].[*Hemidesmus indicus* (L.) Schult.]

(19)

Cucumber pickle

(trapusā haritaka guṇāḥ / त्रपुसा हरितक गुणाः **)**

त्रपुसा जातहरितं नानाविधकफापहम् ।
करोति कृच्छ्रदोषादीन् सम्भारसहितं जयेत् । ।20 । ।

Pickles made from cucumber relieve various kapha diseases and are processed with spices to pacify doṣa, which are difficult to cure.

(20)

Large jujube pickle

(mahābadara haritaka guṇāḥ / महाबदर हरितक गुणाः **)**

महाबदरसम्भूतं साम्लं हरितकं जयेत् ।
मन्दाग्निं वातरोगं च कफरोगैककारणम् । ।21 । ।

Pickles made from fruits of large Jujube, along with sour substances, stimulate diminished digestive fire, relieve diseases

due to vāta and may cause kapha disorders [21].

(21)

Ridge gourd pickle

(kośātakīphala haritaka guṇāḥ / कोशातकीफल हरितक गुणाः **)**

हरितकमति हृद्यं स्वादु कोशातकीनां
फलजनितमशेषव्याधिनिर्मोकदक्षम् ।
वितरति बहुकान्तिं सेवितं तद्विधत्ते कफहरमरुचिघ्नं शोषिणां पुष्टिकारि । ।22 । ।

Pickle made from ridge gourd is extremely pleasing to heart, sweet, effective in curing many diseases, imparts good complexion, pacifies kapha and anorexia, gives nourishment to those who are emaciated [22].

(22)

Snake gourd pickle

(paṭolaphala haritaka guṇāḥ / पटोलफल हरितक गुणाः **)**

पथ्यं पटोलहरितं क्षाराम्ललवणान्वितम् ।
कफपित्तहरं रुच्यं किञ्चिद्गुरु समीरजित् । ।23 । ।

The Pickle of snake gourd added with kṣāra (alkali), sour, and salt is wholesome, alleviates kapha, pitta and vāta, is tasty and slightly hard to digest[23].

(23)

Bitter gourd pickle

(paṭolaphala haritaka guṇāḥ / पटोलफल हरितक गुणाः **)**

कारवेल्लकसञ्जातं तिक्तं हरितकं जयेत् ।
रुच्यं क्रिमिकुलाटोप कफगर्वोपशान्तये । ।24 । ।

Pickles from bitter gourd are bitter, tasty, and useful in worm infestation, distension and diseases due to aggravated kapha[24].

इति द्रव्यरत्नावल्यां हरितवर्गः ॥

Here ends the description of haritavarga/group of pickles in Dravyaratnāvali.

33. DRIED FRUITS, VEGETABLE GROUP

Śuṣkaphala vargaḥ/ शुष्कफल वर्गः

Now, the description of the category of various dried fruits

(1)
Dried lemon cucumber
(ciḍbilasyaśuṣkaphala guṇāḥ /
चिड्बिलस्यशुष्कफल गुणाः)

चिड्बिलस्य फलं शुष्कं स्नेह भृष्टं पटूत्कटम् ।
अत्यम्बुपानदोषघ्नं सुगन्धि रुचिकृल्लघु ।।1।।

Dried fruit pieces of Lemon Cucumber fried in oil are more salty, alleviate vitiation of doṣas caused by excess water intake, have a pleasant aroma, and are tasty and easy to digest[1].

(2)
Dried Ceylon Caper
(huṅkārasyaśuṣkaphala guṇāḥ / हुङ्कारस्य शुष्कफल गुणाः)

हुङ्कारस्य फलं शुष्कं भृष्टं तैले रुचिप्रदम् ।2।

Dried fruit of dried Ceylon caper (huñjkāra) fried in oil imparts taste[2]. [*Capparis zeylanica* L.]

(3)
Dried Spanish cherry
(kāsarākhyasyaśuṣkaphala guṇāḥ /
कासराख्यस्यशुष्कफल गुणाः)

कासराख्यफलं शुष्कं भृष्टं वा पक्वमेव वा ।
दीपनं रोचनं तिक्तं पटूष्णं पित्तलं विदुः ।।3।।

Dried fruit pieces of dried Spanish Cherry (kāsarā), fried or cooked, kindle appetite and improve taste, are bitter, salty, hot, and aggravate pitta[3]. [*Mimusops elengi* L]

(4)
Dried fruit of bitter gourd
(kāravallyasya śuṣkaphala guṇāḥ / कारवल्ल्यस्य शुष्कफल गुणाः)

कारवल्लीफलं शुष्कं कासरावन्निर्दिशेत् ।4।

Bitter gourd's dried fruit has similar properties to kāsara[4].

(5)
Dried African egg fruit
(bṛhatīdvayasya śuṣkaphala guṇāḥ /
बृहतीद्वयस्य शुष्कफल गुणाः)

बृहतीद्वयसम्भूतं फलं शुष्कं विपाचितम् ।
भृष्टं वाग्निकरं रुच्यं पित्तलं कफवातजित् ।।5।।

Dried pieces of two types of dried African egg fruit (Bṛhatī), either cooked or fried, enhance digestive fire and taste, aggravate pitta, pacify kapha and vāta[5]. [*Solanum anguivi* LAM.]

(6)
Dried bringal
(vārtakasya śuṣkaphala guṇāḥ /
वार्तकस्यशुष्कफल गुणाः)

शुष्कवार्ताकजफलं तैलभृष्टं रुचिप्रदम् ।6।

Dried pieces of brinjal fried in oil are tasty[6].

(7)
Dried sweet acacia fruit
(śvetārimedasya śuṣkaphala guṇāḥ /
श्वेतारिमेदस्य शुष्कफल गुणाः)

श्वेतारिमेदसम्भूतं फलं शुष्क प्रमेहजित् ।7।

Dried white sweet acacia fruit (armada) is helpful for diabetes[7]. [*Acacia farnesiana* (L.) WILLD.]

(8)
Dried white catechu tree fruit
(śamīvṛkṣasya śuṣkaphala guṇāḥ / शमीवृक्षस्य शुष्कफल गुणाः)

शमीफलं तु शुष्कं चेद्वातघ्नं गुल्मशूलनुत् ।8।

Dried catechu tree fruit (śamī) alleviates vāta, abdominal lump and colic[8].

(9)

Śuṣka gariphala

(śuṣka gari phala guṇāḥ / शुष्कगरिफल गुणाः)

शुष्कं गरिफलं रुच्यं पक्तु मम्लकषायकम् ।9 ।

Dried gariphalaṃ is tasty and has a sour and astringent taste[9].

[Note-*Ampelocissus tomentosa* (Roth.) Plach. (Sanskrit) asvasakrut; (Telugu) adavi draaksha, atukula baddu, atukula-baddu, atukulabaddu, gari gummadi, garigummadi, lolugatige, lolugu tige, puvvuyerragummadi, puvvuyettagummadi; Atukulabadda (Telugu)]

(10)

All types of dried fruit

(sarvaśuṣkaphala guṇāḥ / सर्वशुष्कफल गुणाः)

सर्वाणि शुष्काणि फलानि विद्याल्लघूनि भृष्टानि रुचिप्रदानि ।**10** ।

All types of dried fruit are easy to digest and, when fried, impart taste[10].

इति द्रव्यरत्नावल्यां शुष्कफलवर्गः समाप्तः ॥

Here ends the description of the group of dried fruits in Dravyaratnāvali.

34. GROUP OF PĀPAḌ/FRYUM

Vaṭakādi vargaḥ / वटकादि वर्गः

Now the description of group of pāpaḍ/fryums.

(1)
Green gram fryums
(mudgavaṭaka guṇāḥ / मुद्गवटक गुणाः)

निस्तुषैर्मुद्गमाषैश्च मज्जाकूष्माण्डसंयुतैः ।
शुष्कांश्च वटकान् पक्त्वा बल्या वृष्या रुचिप्रदाः । ।1 । ।

Sun dried flakes/Fryums (Vaṭakā) made from de-husked green gram, black gram and kūṣmāṇḍa majjā (pulp of Ashgourd) are strengthening, aphrodisiac and tasty[1].

(2)
Elephant foot yam fryums
(sūraṇādivaṭaka guṇāḥ / सूरणादिवटक गुणाः)

सूरणनालजपिष्टसमेतैः निस्तुषमाषमनोहरमुद्गैः ।
आर्द्रकरामठसैन्धवजीरैश्चक्रवदाकृतिकास्तिलयुक्तैः । ।2 । ।
अम्बुजबन्धुकरैरबिशुष्का वायुसखस्य मुखेन विपक्त्वा ।
वातहराः कफगुल्महरास्ते स्रंसनदीपनदास्त्वतिरुच्याः । ।3 । ।

Fryums made from the flour of stalks of sūraṇa (elephant foot yam), dehusked black gram, pleasant green gram, ginger, asafoetida, salt, cumin, sesame seeds, made into the shape of a wheel cooked with the help of water and dried in Sun, alleviate vāta, kapha and abdominal lump, aid purgation, increase appetite and are extremely tasty[2-3].

(3)
Black gram fryums
(māṣādivaṭaka guṇāḥ / माषादिवटक गुणाः)

तिलमरिचहिङ्गुसैन्धवयुतैर्निस्तुषमाषगुलिकास्ताः ।
कफवातहरणरूढाः पित्तं कुर्वन्ति वृष्यमतिरुच्याः । ।4 । ।

Vaṭakā made from sesame, black pepper, asafoetida, rock salt and dehusked black gram and made into round balls alleviate kapha and vāta, vitiate pitta, aphrodisiac and are extremely tasty[4].

(4)
Black gram flour fryums
(candrākāra māṣādivaṭaka guṇāḥ / चन्द्राकार माषादिवटक गुणाः)

माषपिष्टैस्समरिचैर्जीरकैर्हिङ्गुसंयुतैः ।
सामुद्रसहितैरेभिः कृता चन्द्रवदाकृतिः । ।5 । ।
वह्निदीप्तिकरा रुच्या वृष्या बल्या गुरु सरा ।6 ।

Pāpaḍ made from flour of black gram, black pepper, cumin, asafoetida and salt, which are similar to the shape of Moon, stimulate digestive fire, are tasty, aphrodisiac, give strength, hard to digest and cause purgation[5-6].

(5)
Sesame fryums
(tilādivaṭaka guṇāḥ / तिलादिवटक गुणाः)

पक्त्वा तु शालिपिष्टं तु मरिचं भूतनाशनम् ।
वृष्यं मनोहरं रुच्यं बल्यं सपटुजीरकम् । ।7 । ।
ता एव तिलसंयुक्ता दृढा बल्या वृषप्रदाः ।8 ।

Flakes made from rice flour, black pepper and asafoetida remove possession by evil spirits. Those made with salt and cumin are aphrodisiac, pleasing to heart, tasty and strengthening. Those made by adding sesame improve strength and are aphrodisiac[7-8].

(6)
Banaba flower fryums
(kadalīkusumavaṭaka guṇāḥ / कदलीकुसुमवटक गुणाः)

कदली कुसुमक्षौद्रैर्जीरकैस्तिलमिश्रितैः ।
मरिच क्षोद लवणैरोदनं वटकी कृताः । ।9 । ।
तैलभृष्टाग्नि रुचिकृत्पित्तला वात नाशनाः ।10 ।

Fryums made from flowers of plantain, honey, cumin, sesame, black pepper, salt and boiled rice fried in oil aggravate pitta, alleviate vāta and are tasty[9-10].

(7)
Brinjal/eggplant fryums
(vṛntākaphalavaṭaka guṇāḥ / वृन्ताकफलवटक गुणाः **)**

अतिपक्वौदनं वृन्ताकफलैश्च विमिश्रितैः ।
मरिचं जीरकं हिङ्गु सामुद्रसहितं परम् । ।11 । ।
पित्तला वटका रुच्याः स्नेहभृष्टाग्निदीपनाः ।12 ।

Fryums made from well-boiled (cooked) rice, brinjal, pepper, cumin, asafoetida and salt alleviate pitta, are tasty, and those fried in oil enhance appetite[11-12].

(8)
Ash pumpkin fryums
(kūṣmāṇḍasya pakvaphala vaṭaka guṇāḥ / कूष्माण्डस्य पक्वफल वटक गुणाः **)**

कूष्माण्डपक्वफलकल्पितशुष्कमन्तः श्वासे कासकफवातविकारे पित्ते ।
जीर्णज्वरे गरगदे बलवर्धने च काश्र्ये व्रणे च वटकं तु हितं विशेषात् । ।13 । ।

Fryums made from well ripe ash pumpkin (kūṣmāṇḍa), mixed with other spices and dried in the Sun are effective in alleviating difficult breathing, cough, diseases of kapha, vāta and pitta, chronic fever (jīrṇajvara), artificial, slow poison, emaciation and wounds. It improves strength[13].

(9)
Giant pigweed, cooked rice fryums
(atipakvānna punarnavādi vaṭaka guṇāḥ / अतिपक्वान्न पुनर्नवादि वटक गुणाः **)**

अतिपक्वान्नपुनर्नवतिलजीरकलवणसम्भृता वटकाः ।
अच्छाः करतलसदृशाः श्लेष्मघ्नास्त्वग्निदीपना
रुच्याः । ।14 । ।

Fryums made from well cooked rice, punarnava, sesame, cumin and salt, etc, spices are clean-handed, similar to the karatala (palm of the hand) alleviate kapha, increase digestive fire and taste[14].

[Trianthema portulacastrum L. = punarnava, galijaeru is used as vegetable]

(10)
Nimba flower papad
(pakvānna nimbakusumādivaṭaka guṇāḥ / पक्वान्न निम्बकुसुमादिवटक गुणाः **)**

पक्वान्ननिम्बकुसुमैः सतिलैः पटुयुतैर्वटका रुच्याः ।
क्रिमिकफकुष्ठव्रणपित्तहराश्च वातलाः कथिताश्च । ।15 । ।

Papad made from cooked rice, neem flowers, sesame seeds and salt are tasty, alleviate worm infestation, integumentary disease, wounds, kapha, and pitta; aggravates vāta[15].

(11)
Veld grape fryums
(vajravallyādivaṭaka guṇāḥ / वज्रवल्ल्यादिवटक गुणाः **)**

दीप्यजीरककटुत्रयान्वितैर्हिङ्गुसैन्धवपुनर्नववाङ्भिः ।
कृष्णनिम्बदलवज्रवल्लरीसर्षपार्द्रकरसोनसूरणैः । ।16 । ।
संयुता तिलजपिष्टमोदका जम्बुनीरपरिपूरितं मुहुः ।
मर्दयेत्तदनुकल्पिता वटी तस्य गव्यघृतभर्जिते सति । ।17 । ।
गुल्मपाण्डुमुखरोगनाशनी वातपित्तकफशोफमर्दनी ।18 ।

Ajwain, cumin, ginger, long pepper, black pepper (trikaṭu), asafoetida, salt, punarnava (spreading hogweed), black pepper, leaves of black variety of neem, Veld grape/ adamant creeper/ Cissus quadrangularis (vajravallī), mustard, ginger, garlic, elephant foot yam and flour of sesame seeds all are combined and made into round balls which are soaked with lemon juice, mixed and dried repeatedly and made into Pāpaḍs, later fried in cow ghee, are helpful in abdominal lump, anaemia, disorders of oral cavity, vāta, pitta, kapha and oedema[16-18].

(12)
Another reading
(pāṭhāntare / पाठान्तरे **)**

पक्वान्नवज्रवल्लीतिलरामठलवणजीरकैर्वटकाः ।

सृष्टपुरीषा रुच्यास्त्वरुचिघ्ना गुल्मवह्निमान्द्यहराः ।।**19** ।।

Pāpaḍs made from cooked rice, Veld grape/ adamant creeper/ cissus quadrangularis (vajravallī), sesame, asafoetida, salt and cumin help elimination of faeces, improves taste, useful in anorexia, abdominal lump and in diminished digestive fire[19].

(13)
Amalaka fryums
(āmalakādivaṭaka guṇāḥ / आमलकादिवटक गुणाः **)**

पक्वामलकफलानां पिष्टक भृष्टतण्डुलैश्च तिलैः ।
चूर्णीकृतैश्च लवणैस्सहिङ्गुभिस्संयोज्य मोदकास्ते
लघवः ।।**20** ।।
शीता निहन्ति मेहांश्च चक्षुष्यास्त्वति रुच्या हरन्ति
दोषत्रयप्रकोपं च ।**21** ।।

Amlaka fryums are made from fried flour of ripe fruits of Emblic myrobalan, rice (grains) and sesame seeds, all powdered and mixed with salt, asafoetida and made into balls are easy to digest, relieve chills (śītā), polyuria and aggravated tridoṣa. They are very tasty and suitable for the eyes [20-21].

इति द्रव्यरत्नावल्यां वटकादिवर्गः समाप्तः

Here ends the description of the group of pāpaḍ/fryums in Dravyaratnāvali.

35. GROUP OF FLOURS

Tilapiṣṭa vargaḥ / तिलपिष्ट वर्गः

Now, the description of the group of flours (powders) like sesame, etc.

(1)
Sesame flour
(tilapiṇyāka guṇāḥ / तिलपिण्याक गुणाः)

पिण्याको ग्लपनो रूक्षो विष्टम्भि गुरु दूषणः ।1 ।

Sesame flour (piṇyāka) induces emaciation of tissues (glapana), is dry, causes constipation, is hard to digest and impairs doṣa[1]

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

पिण्याकभक्तं बलकृत्प्रमेह वातापहं दुर्जरमग्निसादम् ।2 ।

Sesame powder (piṇyāka) is the left-over flour oil cake after extracting oil from the seeds. It imparts strength, alleviates diabetes and vāta, takes a long time to digest, and diminishes digestive fire[2]

(2)
Elephant foot yam flour
(sūraṇapiṣṭa guṇāḥ / सूरणपिष्ट गुणाः)

सूरण मूलमादाय धान्याम्ले तु विनिक्षिपेत् ।
निस्तुषं सूरणं कृत्वा जम्बीराम्लेन पेषयेत् । ।3 । ।
तदर्धं निस्तुषतिलान् तदम्लेन तु लोडयेत् ।
सामुद्रसर्षपनिशाश्चूर्णीकृत्य विनिक्षिपेत् । ।4 । ।
पुनर्जम्बीरलुलितं तिलतैलेन मिश्रितम् ।
आर्द्रकं निस्तुषं कृत्वा कुट्ट्येत्तदुलूखले । ।5 । ।
निक्षिपेत्खण्डयित्वा तु द्रव्यानालोड्य कुलस्त्रियः ।
तद्राजयोग्यं रुचिकृत्सर्वारोचकनाशनम् । ।6 । ।
प्लीहगुल्मार्शसां पथ्यम् दीपनं स्रंसनं लघु ।7 ।

Tuber of Elephant foot yam (sūraṇa mūla) is procured and submerged in dhānyāmla (fermented rice-wash gruel). It is soaked in lemon juice after the removal of the outer layer. Half the above quantity of dehusked sesame seeds are added to lemon juice. Then salt, mustard seeds, and powdered turmeric are added to it and soaked in lemon juice and sesame oil. Peeled ginger pieces are crushed in a mortar and added to it. The above mixture of drugs is to be churned well by the home-maker (to ensure safety). This is fit to be used by kings. It imparts taste, is helpful in all types of anorexia, splenic disorders, abdominal lumps, and haemorrhoids, is wholesome, kindles appetite, and is purgative and easy to digest[3-7].

(3)
Flour process with fermented coriander seed decoction
(dhānyāmlaśodhita piṇyāka guṇāḥ / धान्याम्ल-शोधित पिण्याक गुणाः)

पिण्याकं शोधयित्वा तु धान्याम्ले तु विनिक्षिपेत् ।
लवणं मात्रया दत्तं लशुनं सर्षपं निशा । ।8 । ।
आर्द्रकं खण्डयित्वा तु जम्बीराम्ले विनिक्षिपेत् ।
तिलतैलं तु त्र्यहं निक्षिप्यातपे स्थापयेत्त्र्यहम् । ।9 । ।
अग्निदीप्तिकरं रुच्यमर्शोघ्नं पित्तलं परम् ।10 ।

Piṇyāka is thoroughly purified and kept in fermented rice-wash. A sufficient quantity of salt, garlic, mustard and turmeric are added. Pieces of ginger are marinated in lemon juice along with sesame oil for three days and then Sun-dried for three days. This flour stimulates digestive fire, improves taste, relieves haemorrhoids, and vitiates pitta[8-10].

(4)

Flour made from the dried Indian-goose berry

(śuṣkāmalaka piṇyāka guṇāḥ / शुष्कामलकपिण्याक गुणाः)

शुष्कामलकपिण्याकं चक्षुष्यं तत्त्रिदोषनुत् ।**11** ।

Dry flour (piṇyākaṃ) made from the dried pieces of Indian-goose berry/emblic myrobalan is good for the eyes and alleviates tridoṣa[11].

(5)

Qualities of Pongamia seeds

(karaṁjabījapiṇyāka guṇāḥ / करंजबीजपिण्याक गुणाः **)**

करंजबीजसम्भूतं पिण्याकं च विषापहम् ।**12** ।

Flour made from the seeds of Indian beech-Pongamia pinnata (karaṃja) pacifies poison[12].

(6)

Mustard seed flour

(sarṣapapiṇyāka guṇāḥ / सर्षपपिण्याक गुणाः **)**

पिण्याकं सार्षपं चोष्णं वातकण्डूक्रिमिप्रणुत् ।
बहिरुद्वर्तनालेपात् सर्वकुष्ठविनाशनम् । ।**13** । ।

The flour of mustard seeds is hot and alleviates vāta, pruritis and worm infestation. It relieves all skin ailments when used externally for massage or as a topical application [13].

इति द्रव्यरत्नावल्यां पिष्टवर्गः समाप्तः ॥

Here ends the description of the group of flours in Dravyaratnāvali.

36. GROUP OF RAW/UNRIPE FRUITS

Dhātryādiphalavargaḥ / धात्र्यादिफलवर्गः

(1)
Indian gooseberry fruit
(dhātrīphala guṇāḥ / धात्रीफल गुणाः)

धात्रीफलं भेदनं हन्ति मेहान् चक्षुष्यमायुष्यमतीव मेध्यम् ।
आम्लत्वमाधुर्यकषायकं स्याद्दोषत्रयघ्नं लघु शीतवीर्यम् । ।1 । ।

Indian gooseberry, Emblic myrobalan breaks hard faeces and eliminates them, relieves polyuria, is good for eyes, increases longevity, improves intellect, it is sour, sweet and astringent, alleviates tridoṣa, easy to digest and cold in potency[1].

(2)
Tender mango fruit
(bālasahakāraphala guṇāḥ / बालसहकारफल गुणाः)

सहकारफलं बालं रक्तातीसारजित्परम् ।2 ।

Tender Mango fruit is effective in diarrhoea due to vitiated blood[2].

(3)
Mango fruit with hardened endocarp
(baddhāsthisahakāraphala guṇāḥ / बद्धास्थिसहकारफल गुणाः)

सहकारफलं चाम्लं बद्धास्थि कफपित्तकृत् ।3 ।

Young Mango with hard seed is sour, aggravates kapha and pitta[3].

(4)
Wild mango fruit
(āraṇyasahakāraphala guṇāḥ / आरण्यसहकारफल गुणाः)

आरण्यसहकारस्य फलं ग्राह्यतिसारजित् ।4 ।

Wild Mango is water absorbent, useful in diarrhoea[4].

(5)
Sour mango fruit
(amlacūtaphala guṇāḥ / अम्लचूतफल गुणाः)

आम्ल चूतफलमस्रपित्तलं चाम्लपाकमनिलं निहन्ति च ।5 ।

Sour mango induces bleeding disorders, is sour after digestion and pacifies vāta[5].

(6)
Desert date
(garīphala guṇāḥ / गरीफल गुणाः)

गरीफलं चाम्लकषायरोचनं पित्तानिलं हन्त्यतिदुर्जरं च ।6 ।

Fruits of desert date (garī) are sour and astringent, impart taste, alleviate pitta and vāta; take very long time to digest[6]. [*Balanites aegyptiaca* (L.) Delile.]

(7)
Indian crane berry, Bengal Currant fruit
(karamardaphala guṇāḥ / करमर्दफल गुणाः)

करमर्दफलं साम्लं विष्टम्भि गुरु पित्तलम् ।7 ।

The fruit of Indian Crane berry/ Bengal Currant (karamardaphala) is sour in taste, causes indigestion and constipation, take very long time digest and vitiates pitta[7]. [*Cassia caranda* L.]

(8)
Large fruits of Bengal Currant
(sthūlakaramardaphala guṇāḥ / स्थूलकरमर्दफल गुणाः)

फलं पित्तकरं स्थूलं करमर्दस्य वातहृत् ।8 ।

Large fruits of Bengal Currant aggravate pitta and alleviate vāta[8]. [*Cassia caranda* L.]

(9)
Indian hog plum
(ambaṣṭhajaphala guṇāḥ / अम्बष्ठजफल गुणाः)

स्निग्धमम्बष्ठजफलं साम्लमग्निकरं परम् ।9 ।

Fruits of Indian hog plum (ambaṣṭha) are unctuous, sour in taste and effective in stimulating digestive fire[9]. [*Spondias pinnata* (L.F.) Kurz. Indian Hog plum.]

(10)
Bigarade fruit
(nāraṅgaphala guṇāḥ / नारङ्गफल गुणाः)

नारङ्गस्य फलं चाम्लं छित्वा लवणपूरितम् ।
तद्रोचनं त्रिदोषघ्नं तीक्ष्णोष्णं गुल्मशूलनुत् । ।10 । ।

Bigarade, sour orange fruit (nāraṅga) which is split and filled with salt is tasty, alleviates tridoṣa, is penetrating and hot, relieves abdominal lump and colic[10]. [*Citrus aurantium* L.]

(11)
Lemon
(jambīraphala guṇāḥ / जम्बीरफल गुणाः)

जम्बीरस्य फलं तद्वद्वातघ्नं पित्तकृद्गुरु ।11 ।

Lemon has similar properties like that of Bigarade fruit. It alleviates vāta, aggravates pitta and is hard to digest[11].

(12)
Ripe lemon fruit
(likucaphala guṇāḥ / लिकुचफल गुणाः)

लिकुचस्य फलं भेदि पित्तश्लेष्मप्रकोपनम् ।
वातघ्नं लालिकाकारि गुरु पथ्यतमं स्मृतम् । ।12 । ।

Ripe Lemon is purgative, aggravates pitta and kapha, alleviates vāta, increases salivation, is hard to digest and is best among wholesome[12]. [Lakuca phala = Lemon or *Artocarpus lakuca*]

(13)
Sabestan plum
(śleṣmātakaphala guṇāḥ / श्लेष्मातकफल गुणाः)

गुरुश्लेष्मातकफलं स्निग्धं क्रिमिबलासकृत् ।13 ।

Fruits of Sabestan plum (śleṣmātaka) are hard to digest, unctuous, induce worm infestation and aggravate kapha[13].

(14)
Indian trumpet fruit
(ṭumbukaphala guṇāḥ / टुम्बुकफल गुणाः)

टुम्बुकं क्रिमिहरं कफापहं दीपनं फलमतीव रोचनम् ।
गुल्मपाण्डुगुदजानपहन्यात् श्वासकासमुदरानिल
मेहान् । ।14 । ।

Fruits of Indian trumpet (ṭumbuka/ tentuka, shyonaka) alleviate worms, kapha, enhance appetite, extremely tasty, useful in abdominal lump, anaemia, haemorrhoids, dyspnoea, cough, ascites, diseases of vāta and polyuria[14].

[*Oroxylum indicum* (L.) VENT.]

(15)
Fragrant Padri fruit
(meṣaśṛṅgīphala guṇāḥ / मेषशृङ्गीफल गुणाः)

दीपनं स्रंसनं रुच्यं क्रिमिकुष्ठप्रमेहनुत् ।
कफपित्तापहं तिक्तं मेषशृंङ्गीफलं हिमम् । ।15 । ।

Fruits of Fragrant Padri fruit kindle appetite, aid purgation, improve taste, and effective in worm infestation, skin ailments, diabetes, and diseases due to kapha and pitta. These fruits are bitter and cold[15].

[*Stereospermum chelonoides* (L.f.) DC - Patala=Mokkapu kaya (Telugu)]

(16)
Clearing nut fruit
(katakaphala guṇāḥ / कतकफल गुणाः)

कतकस्य फलं तिक्तं रक्तपित्तकफापहम् ।
तृष्णामेहविषघ्नं च वातकृन्नेत्ररोगजित् । ।16 । ।

Seeds of clearing nut (Kataka phalaṃ) are bitter, alleviate bleeding disorders, kapha, thirst, polyuria, poison, aggravate vāta, and are good for eye diseases[16].

(17)
Bitter Oleander fruit
(vatsakaphala guṇāḥ / वत्सकफल गुणाः)

वत्सकस्य फलं ग्राहि रक्तपित्तास्रजित्परम् ।
ग्रहणी पाण्डुरक्तार्शो मेहकुष्ठक्रिमीन् जयेत् । ।17 । ।

Fruit of bitter Oleander, Kurchi (Vatsaka phalaṃ) is water absorbent, alleviates bleeding disorders, disorders of lower GIT, anaemia, bleeding haemorrhoids, polyuria, skin ailments and worm infestation[17].

(18)
Bael fruit
(bilvaphala guṇāḥ / बिल्वफल गुणाः)

बिल्वं कषायं मधुरं गुरु स्यात् क्षुधापहं श्लेष्मकरं
विशेषात् ।18 ।

Bael(Bilva) fruit is astringent and sweet, hard to digest, lowers appetite and particularly aggravates kapha[18].

(19)
Tender Bael fruit
(bālabilvaphala guṇāḥ / बालबिल्वफल गुणाः)

तद्बिल्वबालं लघु दीपनं च साङ्ग्राहिकं पित्तकफे हितं च ।19 ।

Tender Bael fruit is easy to digest, kindles appetite, water absorbent and effective in disorders due to pitta and kapha[19].

(20)
Small variety of bael fruit
(kṣudrabilvaphala guṇāḥ / क्षुद्रबिल्वफल गुणाः)

क्षुद्रबिल्वफलं तिक्तं गुर्वतीसारनाशनम् ।20 ।

A small variety of Bael fruit is bitter, hard to digest, and relieves diarrhoea[20].

(21)
Madhūka fruit
(madhūkaphala guṇāḥ / मधूकफल गुणाः)

मधूकस्य फलं रुच्यं ग्राहि हृद्यं हिमं गुरु ।
कषायं मधुरं रूक्षं क्रिमिपथ्यं विबन्धकृत् । ।21 । ।

Madhūka fruit (Mahua/Vippa) is tasty, water absorbent, pleasing to the heart, cold, hard to digest, astringent and sweet, dry, removes worms, wholesome and induces fewer bowel movements leading to painful defaecation[21].

(22)
Indian sorrel (pappaṭa)
(pappaṭaphala guṇāḥ / पप्पटफल गुणाः)

पप्पटस्य फलं तिक्तं मेहहृत्कफवातजित् ।
दीपनं स्रंसनं रुच्यं मूत्रवृद्धिहरं लघु । ।22 । ।

Indian sorrel fruit Pappaṭa phala is bitter, relieves polyuria due to kapha and vāta, kindles appetite, is laxative, improves taste, lowers excess urination/polyuria and is easy to digest. (Pappalam also means Pāpita, Pappana)[22]. [*Pavetta indica* L.]

(23)
Noni fruit
(prasādanīphala guṇāḥ / प्रसादनीफल गुणाः)

प्रसादनी फलं तिक्तं हन्ति मेहकफानिलान् ।
अत्युष्णं श्वासकासघ्नं रक्तातीसारनुत्परम् । ।23 । ।

Noni fruit (Prasādanī phala) is bitter, relieves polyuria, kapha and vāta, is extremely hot, and pacifies dyspnoea, cough and diarrhoea due to vitiated blood[23]. [*Morinda citrifolia* L.]

(24)
Glory bower fruit
(śārṅgeṣṭaphala guṇāḥ / शार्ङ्गेष्टफल गुणाः)

शार्ङ्गेष्टाफलमत्युष्णं ग्राहिणी दीपनं परम् ।24 ।

Glory bower fruit (Śārṅgeṣṭa phala) is extremely hot, water absorbent, and kindles appetite[24].

(25)
Weaver's beam fruit
(muṣkakaphala guṇāḥ / मुष्ककफल गुणाः)

मुष्ककं फलमत्युष्णं भेदिदुर्नामशुक्रजित् ।
दीपनं कफवातघ्नं गुल्माष्ठीलोदरान् हरेत् । ।25 । ।

Weaver's beam (Muṣkakaṃ phalaṃ) is extremely hot, breaks hard faeces and aids purgation, relieves haemorrhoids, lowers semen production, kindles appetite, alleviates kapha, vāta, abdominal lump, prostatic enlargement and ascites[25].

[*Schrebera swietenioides* ROXB.=mushkaka]

(26)
Punnāga phala
(punnāgaphala guṇāḥ / पुन्नागफल गुणाः)

पुन्नागस्य फलं रुच्यं कषायाम्लं विभेदि च ।
वातपित्तहरं रुच्यं मनोज्ञं वह्नि सादनम् । ।26 । ।

Punnāga phala (Oil nut/Tamanu) is tasty, astringent and sour, breaks hard faeces and aids purgation, alleviates vāta and pitta, enhances taste, and is pleasing to the heart and diminishes digestive fire[26].

(27)
Karpūrapārtha phala
(karpūrapārthaphala guṇāḥ / कर्पूरपार्थफल गुणाः)

फलं कर्पूरपार्थस्य तिक्ताम्लं वातपित्तजित् ।27 ।

Karpūrapārtha phala is bitter and sour, alleviates vāta and pitta[27].

[*Caesalpinia sappan* L. = kaparimaddi, kapuramaddi (Telugu)]

(28)
Kaṇtakipāthottha phala
(kaṇṭakipātthottaphala guṇāḥ / कण्टकिपात्थोत्तफल गुणाः)

अन्यत्कण्टकिपाथोत्थफलं तिक्तं रुचिप्रदम् ।
क्रिमिघ्नं वातपित्तघ्नमरुचौ शस्यते परम् । ।28 । ।

Kaṇtakipāthottha phala is bitter, improves taste, removes worms, alleviates vāta, pitta and is effective in anorexia[28].

(29)
Indian frankinsense fruit
(aṇḍugaphala guṇāḥ / अण्डुगफल गुणाः)

अण्डुगस्य फलं तिक्तं कफपित्तहरं सरम् ।29 ।

Aṇḍuga phala is bitter, alleviates kapha and pitta; purgative[29]. [*Boswellia serrata* ROXB., *Boswellia glabra* Roxb. =anduga (Telugu)]

(30)
Kāra phala
(kāraphala guṇāḥ / कारफल गुणाः)

ग्राहि कारफलं शीतं कषायं वह्निहृद्गुरु ।30 ।

Kāra phala (Thorny Caray) is water absorbent, cold, astringent, diminishes digestive fire and is hard to digest[30].

[Note: *Plectronia parviflora* Bedd.. *Canthium coromandelicum* (N.Burm.) Balusukura (Telugu)]

(31)
Śaśaśṛṅga
(śaśaśṛṅgaphala guṇāḥ / शशशृङ्गफल गुणाः)

शशशृङ्गं सतिक्ताम्लं मधुरं कफपित्तहृत् ।31 ।

Śaśaśṛṅga is bitter, sour and sweet, alleviates kapha and pitta[31].

(32)
Slender Rattan cane shoots
(vetrāgraphala guṇāḥ / वेत्राग्रफल गुणाः)

वेत्राग्रं कटुकं तिक्तं विबन्धं कफपित्तहृत् ।32 ।

Sprouts of calamus tenuis/slender Rattan cane (Vetrāgraṃ) are pungent and bitter, cause constipation, and alleviate kapha and pitta[32].

Note: Telugu translations mention tender nimba shoots for vetrāgra, whereas the Vetra plant stands for *Calamus tenuis*, and its tender shoots are cooked [https://tropical.theferns.info/viewtropical.php?id=Calamus+tenuis]

(33)
Karīra
(karīra guṇāḥ / करीर गुणाः)

करीरमाध्मानकरं कषायं स्वादुतिक्तकम् ।
रूक्षं मुखरुजापाण्डुगरशोफावहं च तत् । ।33 । ।

Karīra causes abdominal distension, is astringent, sweet and bitter, dry, and triggers diseases of the oral cavity, anaemia, artificial poison and oedema[33].

[Note: Telugu translation mentions tender bamboo shoots, whereas Karīram is botanically identified as Capparis aphylla/decidua. Further, the term "Venuturu (Telugu) is identified with *Dichrostachys cinerea* Wight. and Arn. Edible pods.]

(34)

Śuṇḍākhya phala

(śuṇḍākhyaphala guṇāḥ / शुण्डाख्यफल गुणाः **)**

शुण्डाख्यस्य फलं त्रिदोषशमनं रुच्यं क्रिमिघ्नं तथा ।
कासश्वासहरं क्षयापहमिदं चाग्नेश्च सन्दीपनम् । ।34 । ।

Śuṇḍākhya phala alleviates tridoṣa, imparts taste, removes worms, is useful in cough, dyspnoea, and tuberculosis and stimulates digestive fire[34].

[*Oxalis corniculata* L.=Pulchinta (Telugu)?]

(35)

Wild variety of Indian Sarsaparilla root

(sugandhisāribāmūla guṇāḥ / सुगन्धिसारिबामूल गुणाः **)**

सुगन्धिसारिबामूल मग्निदीपनकृत्कटु ।
कफवातहरं स्निग्धं तृष्णासृक्पित्तनाशनम् । ।35 । ।

Wild variety sugandhisāribāmūla ignites the digestive fire, is pungent, pacifies kapha and vāta, thirst and bleeding disorders; is unctuous[35].

[*Spondias pinnata* (L.F.) Kurz.=Adavi mamena (Telugu)? Or Sariba?]

(36)

Ārāma śāribā mūlaṃ

(ārāmasāribāmūla guṇāḥ / आरामसारिबामूल गुणाः **)**

आरामशारिबामूलं शिशिरं रक्तपित्तजित् ।36 ।

Cultivated Ārāma śāribā mūla is cold and alleviates bleeding disorders[36].

[*Spondias pinnata* (L.F.) Kurz.=Tonta/tota-mamena (Telugu) Or Sariba]

इति द्रव्यरत्नावल्यां अपक्वफलवर्गः समाप्तः ॥

Here ends the description of the group of raw/unripe fruits in Dravyaratnāvali.

37. GROUP OF RIPE FRUITS

Pakvaphalavargaḥ / पक्वफलवर्गः

Now, the description of ripe fruits.

(1)
Grapes with cow teat shape
(gostanīdrākṣāphala guṇāḥ / गोस्तनीद्राक्षाफल गुणाः **)**

वृष्या च गोस्तनीद्राक्षाफलं श्रेष्ठा त्रिदोषजित् ।
चक्षुष्या दीपनी हृद्या लघ्वी च मधुरा सरा ।।1।।
स्वादुपाकरसा स्निग्धा सकषाया हिमा गुरु ।
निहन्त्यनिलपित्तासृक्तिक्तास्यत्वमदात्ययान् ।।2।।
तृष्णाकासज्वरश्वासस्वरभेदक्षतक्षयान् ।3।

Grapes shaped like cow's teat are aphrodisiac, best, alleviate tridoṣa, good for eyes, kindle digestive fire, pleasing to heart, light, sweet in taste, laxative. It is sweet after digestion, unctuous, slightly astringent, cold, hard to digest, relieves diseases of vāta, pitta and rakta, bitter taste in mouth, intoxication, thirst, cough, fever, dyspnoea, hoarseness of voice, injury to lungs and tuberculosis [1-3].

(2)
Grapes
(drākṣāphala guṇāḥ / द्राक्षाफल गुणाः **)**

द्राक्षा वृष्या च मधुरा शीतला वातपित्तजित् ।
श्वासे च कासे च हिता पैत्यपाण्डुविनाशनी ।।4।।
असृग्दरप्रमेहांश्च तृष्णाच्छर्दिनिवारणम् ।5।

Grapes are aphrodisiac, sweet, cold, alleviate vāta and pitta, and are effective in difficult breathing, cough, pitta diseases, anaemia, menorrhagia, diabetes, thirst, and vomiting [4-5].

(*)
Another reading
(pāṭhāntare / पाठान्तरे **)**

स्निग्धं सृष्टपुरीषमूत्रमनिलप्रस्थं स पितास्रनुत् ।
तृष्णाश्वासगरक्षतक्षयहितं वृष्यं गुरु स्वादुकृत् ।।6।।
तिक्तास्यत्वमदात्ययज्वरहरं किञ्चित्कषायोत्तमम् ।
चक्षुष्यं स्वरभेदकासशमनं द्राक्षाफलं शीतलम् ।।7।।

Grapes are unctuous, help eliminate urine and faeces, pacify diseases of vāta, pitta and blood (rakta), are aphrodisiac, hard to digest and sweet. they relieve thirst, difficulty in breathing, artificial poison, thoracic trauma and tuberculosis, bitter taste in the mouth, intoxication, fever, hoarseness of voice and cough. They are slightly astringent in taste, good for eyes and are cold [6-7].

(3)
Sweet pomegranate
(svādudāḍimāphala guṇāḥ / स्वादुदाडिमफल गुणाः **)**

स्वादुदाडिमफलं मनोहरं वातपित्तकफकोपनाशनम् ।
दीपनं लघु हितं सुसेवितं दुष्टरक्तविनिवारणक्षमम् ।।8।।

Sweet [pomegranate is pleasing to heart, pacifies aggravated vāta, pitta and kapha, kindles appetite, easy to digest, good for health; if consumed as recommended it is capable of pacifying vitiated blood [8].

(4)
Sour Pomegranate
(amladāḍimāphala guṇāḥ / अम्लदाडिमफल गुणाः **)**

अम्लदाडिमफलं कफापहं नोष्णवीर्यमुपहन्ति मारुतम् ।
पित्तकोपविनिवारणक्षमं प्रायशोऽखिलगदेषु शस्यते ।।9।।

Sour pomegranate alleviates kapha, vāta and greatly vitiated pitta; not hot in potency and is effective in all diseases [9].

(*)
All types of pomegranates
(sarvadāḍimabhedaphala guṇāḥ / सर्वदाडिमभेदफल गुणाः **)**

फलानि सर्वान्यपि दाडिमानां सङ्ग्राहीणि हृद्यानि मनोहराणि ।**10**।

All types of pomegranates are water absorbent, pleasing to heart and mind [10].

(5)
Pineapple
(anāsaphala guṇāḥ / अनासफल गुणाः **)**

अनासस्य फलं ज्ञेयं नानारुचिमनग्निकृत् ।
पित्तप्रशमनं वृष्यं किञ्चिद्वातप्रकोपनम् ।।**11**।।

Pineapple has different types of taste, doesn't improve digestive fire, mitigates pitta, is aphrodisiac and slightly aggravates vāta [11].

(6)
Pārāvata fruit
(pārāvataphala guṇāḥ / पारावतफल गुणाः **)**

पारावतफलं रुच्यं मधुराम्लरसं गुरु ।
अग्निसादकरं शीतमुष्णं दोषत्रयापहम् ।।**12**।।

Pārāvata fruit is tasty, sweet and sour in taste, hard to digest, diminishes digestive fire, cold and hot, and alleviates tridoṣa [12].

(*)
Another reading
(pāṭhāntare / पाठान्तरे **)**

शीतोष्णवीर्यं मधुराम्लसान्द्रं पारावतं वह्निविनाशकारकम् ।
विष्टम्भि पित्तस्य कफस्य हितं परं मौनीन्द्रा प्रचुरं वदन्ति ।।**13**।।

As often told by maunīndrā/sages, Pārāvata is hot and cold in potency, sweet and sour in taste, thick, diminishes digestive fire, stays long time in stomach without digestion, effective in diseases of pitta and kapha [13].

(7)
Banana fruit
(kadalīphala guṇāḥ / कदलीफल गुणाः **)**

गुरुबलासकरं कदलीफलं श्वासकाससमीरणकारणम् ।
श्वयथुमूत्रकरं परिबृंहणं तृषमपास्यति दाहविनाशनम् ।।**14**।।

Banana fruit (kadalīphala) is hard to digest, aggravates kapha and vāta, triggers difficult breathing, cough and oedema, diuretic, imparts nourishment, relieves thirst and burning sensation [14].

(8)
Black banana fruit
(kṛṣṇakadalīphala guṇāḥ / कृष्णकदलीफल गुणाः **)**

अतीव मधुरं रुच्यं बृंहणं शुक्रवर्धनम् ।
वातपित्तहरं भेदि कृष्णं तु कदलीफलम् ।।**15**।।

Black banana fruit is lovely and tasty, improves nourishment and semen, mitigates vāta and pitta, breaks hard faeces and aids purgation [15].

(9)
Nṛpāla variety of banana
(nṛpālakadalīphala guṇāḥ / नृपालकदलीफल गुणाः **)**

अतीवबृंहणं रुच्यं श्लेष्मलं वातनाशनम् ।
रक्तपित्तहरं चैव नृपाल कदलीफलम् ।।**16**।।

Nṛpāla kadalī fruit is highly nourishing, improves taste, aggravates kapha, and alleviates vāta and bleeding disorders [16].

(10)
Śākhā type of banana fruit
(śākhākadalīphala guṇāḥ / शाखाकदलीफल गुणाः **)**

शाखाकदल्याः पक्वं तु फलं पैत्यहरं सरम् ।
वातश्लेष्मकरं किंचिद्दुर्जरं वह्निनाशनम् ।।**17**।।

Ripe fruits of śākhā kadalī alleviate diseases of pitta, are laxative, aggravate vāta and

kapha, slightly take a long time to digest and inhibit digestive fire [17].

(11)
Wild banana
(āraṇyakadalīphala guṇāḥ / आरण्यकदलीफल गुणाः **)**

आरण्यकदलीजातं दुर्जरं फलमग्निकृत् ।18 ।

The wild variety of bananas takes long time to digest and stimulate digestive fire [18].

(12)
Amṛtapāṇi type of banana fruit
(amṛtapāṇiphala guṇāḥ / अमृतपाणिफल गुणाः **)**

स्निग्धानि कायानलवर्धनानि ग्राहीणि हृद्यानि रुचिप्रदानि ।
लघूनि सर्वामयनाशनानि अमृताकदल्यास्तु फलानि तानि ।।19।।

Amṛtapāni (a type of banana) is unctuous, increases digestive fire, is water absorbent, pleasing to heart, improves taste, easy to digest and effective in relieving all diseases [19].

(13)
Jack fruit
(panasaphala guṇāḥ / पनसफल गुणाः **)**

पनसस्य फलं पक्वं मधुरं गुरु बृंहणम् ।
वातपित्तहरं स्निग्धं शुक्रलं वह्निनाशनम् ।।20।।

Ripe jackfruit is sweet, hard to digest, nourishing, alleviates vāta and pitta, unctuous, promotes semen production and hinders digestive fire [20].

(14)
Citron fruit
(mātuluṅgaphala guṇāḥ / मातुलुङ्गफल गुणाः **)**

तत्तिक्तकटुकं स्निग्धं मातुलुङ्गस्य वातजित् ।
बृंहणं मधुरं मांसं वातपित्तहरं गुरु ।।21।।
लघु तत्केसरं कासश्वासहिध्मामदात्ययान् ।
आस्यशोषानिलश्लेष्मविबन्धच्छर्ध्यरोचकान् ।।22।।
गुल्मोदरार्शः शूलानि मन्दाग्नित्वं च नाशयेत् ।23 ।

The skin of citron fruit is bitter, pungent and unctuous; it mitigates vāta. The fleshy part imparts nourishment, is sweet, mitigates vāta and pitta and is hard to digest; its kesara (tendril / juicy hairs) is easily digestible, alleviates cough, difficulty in breathing, hiccup, alcoholic intoxication, dryness of mouth, disorders of vāta and kapha, constipation, vomiting, anorexia, abdominal lump, ascites, haemorrhoids, colic and ignites subdued digestive fire [21-23].

(15)
Kāśmīra type of citron fruit
(kāśmīramātuluṅgaphala guṇāḥ / काश्मीरमातुलुङ्गफल गुणाः **)**

काश्मीरमातुलुङ्गं च वातपित्तहरं लघु ।
रुच्यं कफहरं हृद्यं पाण्डुकामलानाशनम् ।।24।।

Sweet Kashmir variety of mātuluṅga mitigates vāta, pitta and kapha, is easy to digest, tasty, pleasing to the heart and effective in relieving anaemia and jaundice [24].

(16)
Kāśmīra coloured citron fruit
(kāśmīravarṇakamātuluṅgaphala guṇāḥ / काश्मीरवर्णकमातुलुङफल गुणाः **)**

काश्मीरमातुलुङ्गस्य फलं काश्मीरवर्णकम् ।
मधुरं वातपित्तघ्नं मनोज्ञं दीपनं लघु ।।25।।

It is similar to the colour of the saffron flower, sweet in taste, mitigates vāta and pitta, pleasing to the heart, kindles digestion and is easy to digest [25].

(17)
Bigarade fruit
(nāraṅgaphala guṇāḥ / नारङ्गफल गुणाः **)**

नारङ्गस्य फलं चाम्लं तिक्तोष्णं गुल्मशूलनुत् ।26 ।

Ripe Bigarade fruit is sour and bitter but hot and relieves abdominal lumps and colic [26].

(18)
Lemon fruit
(jambīraphala guṇāḥ / जम्बीरफल गुणाः)

जम्बीरस्य फलं तद्वद्वातघ्नं पित्तकृद्गुरु ।27 ।

Ripe lemon fruit alleviates vāta, vitiates pitta and is hard to digest [27].

(19)
Lemon fruit
(likucaphala guṇāḥ / लिकुचफल गुणाः)

लिकुचस्य फलं श्लेष्मकोपनं पित्तवर्धनम् ।
अयस्यमग्निजाड्यं च कुर्यात्पुष्टिं च वातहृत् ।।28।।

Lemon aggravates kapha and pitta, diminishes digestive fire, promotes nourishment and pacifies vāta [28].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

जम्बीरं फलमग्निदीप्तिजननं श्लेष्मानिलघ्नं लघु ।
श्वासारोचकनाशनं कफहरं रुच्यं सुगन्धिप्रदम् ।।29।।
वृष्यं छर्दिहरं प्रशस्तमधिकं भुक्तस्य शूलापहम् ।
तृष्णाघ्नं मुखशुद्धिकृद्वितनुते पित्तस्य वृद्धिं परम् ।।30।।

Lemon kindles digestive fire, mitigates kapha and vāta, easily digestible, effective in difficult breathing, anorexia, diseases due to kapha, vomiting, pain after intake of food and polydypsia; imparts taste, has pleasant aroma, aphrodisiac, extremely wholesome, cleanses oral cavity and particularly vitiates pitta [29-30].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

जम्बीरं फलभूषणैर्विरहितं शृङ्गारसौख्यप्रदम् ।
श्रान्तः पैत्यहरं बहिश्श्रमहरं कण्डूघ्नसद्वर्णकृत् ।।31।।
एतत् स्थावरजाङ्गमं विषहरं आयुष्करं कान्तिदम् ।
राजन्नेतदशेषमृत्युहरणं दीर्घं शतायुर्नरः ।।32।।

Lemon gives comfort during sexual intercourse despite the lack of jewellery. It pacifies pitta in exhausted people, reduces external strain, relieves pruritis, and imparts a good complexion. It is the antidote for vegetable and animal poisons, promotes life and improves lustre (skin glow). O! King, it eradicates untimely death and bestows long life of a hundred years [31-32].

(20)
Viṭapi type of jackfruit
(viṭapipanasaphala guṇāḥ / विटपिपनसफल गुणाः)

विटपि पनसजातं पक्वमाहः फलं चेत् ।
सकलपवनपित्तक्षोदनिर्मोकदक्षम् ।।33।।

Viṭapi type of jackfruit eradicates all diseases caused by vāta and pitta. [33].

(21)
Caraṇa type of Jack fruit
(caraṇapanasaphala guṇāḥ / चरणपनसफल गुणाः)

चरणपनसजातं तद्विधं बृंहणीयम् ।
मधुरमधुरमुद्यद्गन्धलुब्धद्विरेफम् ।।34।।

Caraṇa type of Jack fruit is similar to the above, imparts nourishment, is sweet in taste, emits a sweet smell and attracts bees [34].

(22)
Jackfruit seeds
(panasabīja guṇāḥ / पनसबीज गुणाः)

तद्बीजं मधुरं वृष्यं बृंहणं गुरु वह्निकृत् ।35 ।

Jack fruit seeds are sweet and aphrodisiac, impart nourishment, are hard to digest, and stimulate digestive fire [35].

(23)
Ripe coconut
(pakvanārikela guṇāḥ / पक्वनारिकेल गुणाः)

वातापहं स्वादु च नारिकेलं पक्वं गुरुश्लेष्मकरं विशेषात् ।36 ।

Ripe Coconut mitigates vāta, is sweet, hard to digest and particularly aggravates kapha [36].

(*)
Bāhaṭa
(Bāhaṭe / बाहटे)

नारिकेलजफलं परिपक्वं दन्तपङ्क्तिचलतामपहन्ति ।
वातपित्तशमनं गुरु वृष्यं ग्राहि पुष्टि कफवर्धनमाहुः ।।37।।

Ripe coconut rectifies loose teeth, mitigates vāta and pitta, hard to digest, aphrodisiac, water absorbent, improves nourishment and aggravates kapha [37].

(24)
Dates
(kharjūraphala guṇāḥ / खर्जूरफल गुणाः)

खर्जूरं शीतलं वृष्यं बृंहणं पित्तनुत्परम् ।
श्लेष्मलं वातहृत्पाण्डुमूत्रघातेषु शस्यते ।।38।।

Dates are cold, aphrodisiac, nourishing, effectively alleviate pitta and vāta, anaemia and urinary retention, and aggravate kapha [38].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

खर्जूरस्य फलं मदात्ययहितं सृष्णाङ्गदाहापहम् ।
शीतं वीर्यविवर्धनं क्षयहितं तद्रक्तपित्तं हरेत् ।।39।।
मन्दाग्नेरुदयं कफस्य पटुतां कुर्यात्परं सेवनात् ।
स्फूर्जज्जूर्तिनिवारणाय वपुषःपुष्टिं विशिष्टामपि ।।40।।

Dates are effective in relieving intoxication, burning sensation of body parts, tuberculosis, bleeding disorders and sphūrja jūrti (a type of fever); cold, improve sperm formation, further inhibit digestive fire, on excess intake induces diseases of kapha, impart nourishment and symmetry to the body [39-40].

(25)
Rājādana phala
(rājādanaphala guṇāḥ / राजादनफल गुणाः)

राजादनं फलं रुच्यं मधुरं वातपित्तजित् ।
कफहृद्बृंहणं बल्यं शीतलं वीर्यवर्धनम् ।।41।।

Rājādanaṃ fruit improves taste, is sweet, mitigates vāta, pitta and kapha, imparts hourishment and strength, promotes sperm formation and is cold [41].

(26)
Silver date palm
(parūṣakaphala guṇāḥ / परूषकफल गुणाः)

हन्त्यस्रपित्तं पवनप्रकोपं क्षतक्षयं दाहतृषाज्वरं च ।
परूषकाज्जातफलं प्रपक्वं वृष्यञ्च शीतं मधुरं मधु स्यात् ।।42।।

Well ripe fruits of parūṣakā, are useful in bleeding disorders, aggravated vāta, thoracic trauma, tuberculosis, burning sensation, polydipsia, and fever; are aphrodisiac, cold and sweet in taste like honey [42]. [*Phoenix sylvestris* Roxb.]

(27)
Bhūparūṣaka
(bhūparūṣakaphala guṇāḥ / भूपरूषकफल गुणाः)

भूपरूषकफलं विनिहन्यात्पित्तकोपमपि मारुतपीडाम् ।
दीपनं लघु हितं तृषितानां जृंभणं वितनुते जठराग्नेः ।।43।।

Bhūparūṣaka alleviates aggravated pitta, diseases due to vāta, kindles appetite, easy to digest, effectively relieves yawning in thirsty people, stimulates digestive fire. [43].

(28)
Palmyra palm fruit
(tālaphala guṇāḥ / तालफल गुणाः)

स्निग्धं तालफलं वृष्यं श्लेष्मलं गुरु दुर्जरम् ।44।।

Palm fruit is unctuous, aphrodisiac, aggravates kapha, hard to digest and takes long time to digest [44].

(*)
Variation of the text in another text
(granthāntare / ग्रन्थान्तरे)

पक्वं तालफलं पित्तश्लेष्मरक्तविवर्धनम् ।
दुर्जरं बहुमूत्रं च तन्द्राभिष्यन्दि शुक्रलम् ।।45।।

Well ripe Palm fruit aggravates pitta, kapha and rakta, takes long time to digest, induces polyuria, drowsiness, obstruction of channels and improves semen formation [45].

(29)
Unripe Palmyra palm fruit
(bālatālaphala guṇāḥ / बालतालफल गुणाः)

बालतालफलबीजमुच्यते वातलं गुरु बलासदं हिमम् ।46।

Unripe Palmyra palm fruit aggravates vāta and kapha, making them hard to digest and cold [46].

(30)
Palmyra palm sprouts
(tālakanda guṇāḥ / तालकन्द गुणाः)

तालकन्दं त्रिदोषाणा माधारो बद्धमूत्रविट् ।47।

Palmyra palm sprouts (Tālakandaṃ) are the root cause of tridoṣa, which causes obstruction of urine and faeces [47].

(31)
Palmyra Palm fruit pulp
(tālamajjā guṇāḥ / तालमज्जा गुणाः)

तन्मज्जा वातपित्तघ्नी वृष्या गुरुतरा मता ।48।

Pulp of Palm fruit/ (Tāla majja) alleviates vāta and pitta, is aphrodisiac and extremely hard to digest [48].

(32)
Ripe mango
(pakvacūtaphala guṇāḥ / पक्वचूतफल गुणाः)

पक्वं चूतफलं रुच्यं मधुरं बृंहणं गुरु ।
वातपित्तहरं वृष्यं श्लेष्मलं प्रीतिवर्धनम् ।49।

Ripe Mango imparts taste, is sweet, nourishing, hard to digest, alleviates vāta and pitta, aphrodisiac, aggravates kapha and is dear to all [49].

(33)
Mangoes grown on the highest branches
(mahāgraskandhasaṁjātaphala guṇāḥ / महाग्रस्कन्धसंजातफल गुणाः)

महाग्रस्कन्धसंजातं फलं पवननाशनम् ।
बलासजनकश्चामं रुचिकृद्गुल्मशूलजित् ।।50।।

Mangoes grown on the highest branches alleviate vāta, aggravate kapha, induce Aama formation, improve taste, useful in the abdominal lump and colic [50].

(*)
As described in Bahata
(Bāhaṭa / बाहटे)

स्थूलचूतफलमग्निसादकृद्बृंहणं गुरु बलासपित्तकृत् ।51।

Stout/ Bulky Mangoes inhibit digestive fire, promote nourishment, are hard to digest, and vitiate kapha and pitta [51].

(34)
Wild mango
(araṇyacūtaphala guṇāḥ / अरण्यचूतफल गुणाः)

वातहृत्फलमरण्यचूतजं पित्तलं गुरु बलासकृत्परम् ।52।

Wild Mangoes mitigate vāta, aggravate pitta and kapha; are hard to digest [52].

(35)
Sweet Mangoes
(sahakārabhūruhaphala guṇāḥ / सहकारभूरुहफल गुणाः **)**

सुस्निग्धं सहकारभूरुहफलं क्षीणस्य पिष्टिप्रदम् ।
पथ्यं तच्च नृणां कृशानुजनितं कर्तुं कदा च क्षणः ।।53।।
हृद्यं स्वादु सुगन्धि यद्यपि भवेत्पाकं स्वयं यापितः ।
सेव्यं धत्त समस्तदोषमधिकं पित्ते समुत्पादनम् ।।54।।

Sweet Mangoes are unctuous, give nourishment to the emaciated, are wholesome, ignite the diminished digestive fire in humans, are pleasing to the heart, sweet, and have a good aroma; Consuming naturally ripe mangoes aggravates all doṣas particularly pitta [53-54].

(36)
Sour mango
(amlacūtaphala guṇāḥ / अम्लचूतफल गुणाः **)**

आम्लं फलं मधुराम्लकषायं वातकरं कफमेहकरं च ।
हृद्यमरोचकजिद्गुरु वृष्यं बृंहणमामकरं कसनाढ्यम् ।।55।।

Sour Mangoes are sweet, sour and astringent, vitiate vāta and kapha, trigger polyuria; arepleasing to heart, useful in anorexia, hard to digest, aphrodisiac, nourishing, induce Āma formation and cough [55].

(37)
Indian Hog Plum
(ambālaphala guṇāḥ / अम्बालफल गुणाः **)**

अम्बालस्य फलं स्निग्धं वह्निदीप्तिकरं परम् ।
वातपित्तप्रशमनं श्लेष्मलं रुचिशुक्रकृत् ।।56।।

Indian Hog Plum (Ambāla) fruits are unctuous, stimulate digestive fire, alleviate vāta and pitta, aggravate kapha, and improve taste and semen production [56].

(38)
Chironji fruit
(priyāluphala guṇāḥ / प्रियालुफल गुणाः **)**

फलं प्रियालोर्मधुरं कषायं पित्तानिलघ्नं गुरुशीतवीर्यम् ।57।

Fruit of Chironji are sweet and astringent, alleviate pitta and vāta, hard to digest and cold in potency [57].

(39)
Chironji seed
(priyālubīja guṇāḥ / प्रियालुबीज गुणाः **)**

वृष्यं प्रियालुबीजं च मधुरं बृंहणं गुरु ।
वातपित्तहरं रुच्यं श्लेष्मलं दुर्जरं हिमम् ।।58।।

Seeds of priyālu are aphrodisiac, sweet, nourishing, hard to digest, alleviate vāta and pitta, improve taste, vitiate kapha, take a long time to digest and are cold [58].

(40)
Poppy seeds
(postubīja guṇāḥ / पोस्तुबीज गुणाः **)**

पोस्तुबीजं बलकरं वृष्यं वातबलासनुत् ।59।

Poppy seeds impart strength, aphrodisiac, and aggravate vāta and pitta [59].

(41)
Ripe Cluster fig fruit
(udumbaraphala guṇāḥ / उदुम्बरफल गुणाः **)**

उदुम्बरफलं पक्वं मधुरं श्लेष्मलं गुरु ।
मेहतृड्दाहशममसृग्दरहरं परम् ।।60।।

Ripe Cluster fig fruits are sweet, vitiate kapha, are hard to digest and are effective in alleviating polyuria, polydipsia, burning sensation and excess menstrual discharge/ menorrhagia/ metrorrhagia [60].

(42)
Syandana phala
(syandanaphala guṇāḥ / स्यन्दनफल गुणाः **)**

स्यन्दनस्य फलं स्वादु वातपित्तनिबर्हणम् ।
अत्यन्तशीतलं हृद्यं श्लेष्मलं वीर्यवर्धनम् ।।61।।
बृंहणं गुरु वृष्यं च प्रदरं रक्तपित्तजित् ।62।

Syandana phala is sweet, alleviates vāta and pitta, is very cold, pleasing to the heart, vitiates kapha, improves semen formation and nourishment, is hard to digest, aphrodisiac, useful in excessive discharge

(menorrhagia and leucorrhea) and bleeding disorders [61-62].

(43)
Indian Black Berry fruit
(jāmbavaphala guṇāḥ / जाम्बवफल गुणाः)

जाम्बवं विशदं रूक्षं मधुराम्लरसं गुरु ।
कषायं मधुरं ग्राहि कफपित्तनिबर्हणम् ।।63।।

Fruits of Indian Black Berry are non-slimy, dry, sweet and sour in taste, hard to digest, slightly astringent, sweet in potency, water absorbent, and alleviate kapha and pitta [63].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

राजजम्बू फलं तिक्तं बृंहणं दाहनाशनम् ।64।

Rājajambū phala is bitter, nourishing and relieves burning sensation [64].

(44)
Black berry seeds
(jambūbīja guṇāḥ / जम्बूबीज गुणाः)

तद्बीजमाजेन युतं निहन्ति क्षीरेण पित्तं सहसातिसारम् ।65।

Seeds of black berry taken along with goat's milk alleviate pitta and diarrhoea [65].

(45)
Black Berry fruit
(jāmbavaphala guṇāḥ / जाम्बवफल गुणाः)

जाम्बवं गुरु विष्टम्भि शीतलं भृशवातलम् ।66।

Fruits of Blackberry are hard to digest, induce constipation, cold and, particularly, vitiate vāta.[66].

(46)
Kākajambū
(kākajambūphala guṇāḥ / काकजम्बूफल गुणाः)

काकजम्बूफलं ग्राहि शीतलं पित्तमेहनुत् ।67।

Kākajambū is water absorbent, cold, alleviates pitta and polyuria [67].

(47)
Cucumber
(trapusaphala guṇāḥ / त्रपुसाफल गुणाः)

करोति मूत्रं त्रपुसं नितान्तं सश्लेष्मवातं गुरु भेदि शीतम् ।68।

Cucumber is diuretic, alleviates kapha and vāta, hard to digest, breaks hard faeces thus aids purgation and is cold [68].

(48)
Ripe snap melon
(pakva urvārukaphala guṇāḥ / पक्व उर्वारुकफल गुणाः)

पक्वं तूर्वारुजातं फलमनिलकरं श्लेष्मलं पित्तहारि ।
जातिघ्नं वस्तिशुद्धिप्रचुरकृमि हरं दुर्जरं स्रंसनं स्यात् ।।69।।

Ripe fruit of snap melon vitiates vāta and kapha, mitigates pitta, cleanses the bladder, cures worms, takes long time to digest and is laxative [69]. *Cucumis melo* L. var. *momordica* Duthie & Fuller

(49)
Unripe Wood apple
(āmakapitthaphala guṇāḥ / आमकपित्थफल गुणाः)

कपित्थमामं कण्डूघ्नं दोषलं दोषघाति तु ।
पक्वं हिध्मावमथुजित्सर्वं ग्राहि विषापहम् ।।70।।

The unripe fruit of the Wood apple (kapittha) relieves pruritis and increases the three doṣas. Ripe fruits mitigate the doṣas and relieve hiccups and vomiting. Both are water-absorbent and anti-poisonous [70].

[Note: śloka observed in A.H.Su.6/126/127, but in the first line, Kanthajnam (relieves bad throat) in A.H whereas it is replaced by the term kaṇḍūghnaṃ (relieves pruritus) in Dravyaratnavali)]

(50)
Marking nut fruit
(bhallātakaphala guṇāḥ / भल्लातकफल गुणाः)

भल्लातकस्य तु फलं कषायं मधुरं स्मृतम् ।
वृष्यं च बृंहणीयं च हितं शोणितपित्तजित् ।।71।।

Marking nut fruit (bhallātaka) is astringent and sweet in taste, aphrodisiac, nourishing and effective in relieving bleeding disorders [71].

(51)
Marking nut
(bhallātakāsthi guṇāḥ / भल्लातकास्थि गुणाः)

तदस्थ्यग्निसमं मेध्यं कफवातहरं परम् ।72।

Marking nut (see) is similar to fire in properties, improves intellect, and effectively alleviates kapha and vāta [72].

(52)
Persimmon fruit
(tindukaphala guṇāḥ / तिन्दुकफल गुणाः)

रुक्षं कषायं मधुरं गुरु स्यात् साङ्ग्राहिकं पित्तकफे हितं च
यत्तिन्दुकं वातहरं प्रमेहे प्रवाहणे चैव हितं च शीतम्
।।73।।

Persimonn fruits are dry, astringent and sweet in taste, hard to digest, water absorbent, effective in relieving diseases of pitta, kapha, vāta, diabetes, dysentery and are cold [73]. [*Diospyros tomentosa* Roxb.]

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

तदेव तरुपक्वं चेन्मधुरं भूगतामृतम् ।
तुष्टिपुष्टिकरं हृद्यं वायुमायुमतां हितम् ।।74।।

The fruit naturally ripe on the tree is similar to the nectar on the earth. It gives satiation and nourishment, is pleasing to the heart, is effective in diseases of vāta and for longevity of life [74].

(53)
Jujube fruit
(bādaraphala guṇāḥ / बादरफल गुणाः)

बादरं फलमतीव पिच्छिलं स्निग्धमाम्लमधुरं कफहारि ।
वातहारि गुरु दुर्जरमेतद्रोचनं बलकरं प्रमेहनुत् ।।75।।

Fruits of Jujube/ Plum (bādaraṃ) are very slimy, unctuous, sour and sweet, mitigate kapha, vāta and diabetes. It is not easily digestible, takes long time to digest, improves taste and strength [75].

(54)
Jujube fruit pulp
(kolamajjā guṇāḥ / कोलमज्जा गुणाः)

कोलमज्जा गुरु वृष्यं छर्दिहिक्कास्रपित्तनुत् ।76।

The fleshy pulp of kola is hard to digest, is aphrodisiac and relieves vomiting, singultus and epistaxis [76].

(55)
Large jujube fruit
(bṛhatkolaphala guṇāḥ / बृहत्कोलफल गुणाः)

बृहत्कोलफलं रुच्यं बृंहणं वीर्यवर्धनम् ।
स्वाद्वम्लं वातपित्तघ्नं श्लेष्मलं गुरु शीतलम् ।।77।।

Large jujube fruit imparts taste and nourishment, promotes semen formation; is sweet and sour in taste, mitigates vāta and pitta, vitiates kapha, hard to digest and is cold [77].

(56)
viśāruka phala
(viśārukaphala guṇāḥ / विशारुकफल गुणाः)

विशारुकफलं रुच्यं स्वाद्वम्लं वातपित्तनुत् ।
श्लेष्मलं बृंहणं वृष्यं श्वासकासकरं गुरु ।।78।।

Viśāruka phala improves taste, is sweet and sour in taste, mitigates vāta and pitta, vitiates kapha, imparts nourishment, is aphrodisiac, triggers difficult breathing and cough, and is hard to digest [78].

[Kammaregu (Telugu)= *Artocarpus gomezianus* Wall. Ex Trec. subsp. *zeylanicus* Janet Lakucaphala?]

(57)
Madhuka fruit
(madhūkaphala guṇāḥ / मधूकफल गुणाः)

मधूकस्य फलं पक्वं मधुरं वातपित्तजित् ।
कषायं सुरसं स्निग्धं बद्धविण्मूत्रशोधनम् ।।79।।

Ripe Mahua fruits are sweet, astringent and good in taste, mitigate vāta and pitta, unctuous, induce constipation and purify urine [79].

(58)
Jackel Jujube
(sauvīrajaphala guṇāḥ / सौवीरजफल गुणाः)

फलं सौवीरजं चाम्लं मधुरं कफकृद्गुरु ।80।

Jackel Jujube fruit is sour and sweet, vitiates kapha and is hard to digest [80]. [Pariki(Telugu) = *Ziziphus oenoplia* MILL.]

(59)
Caluṭīphala
(caluṭīphala guṇāḥ / चलुटीफल गुणाः)

कषायं मधुरं ग्राहि चलुटीफलमुच्यते ।
मेहघ्नं बद्धविण्मूत्रश्लेष्महिध्मानिलापहम् ।।81।।

Caluṭīphala is astringent and sweet, water absorbent, and relieves polyuria, obstruction of faeces and urine, singultus, and diseases of kapha and vāta [81].

(60)
Karanda fruit
(karamardasya pakvaphala guṇāḥ / करमर्दस्य पक्वफल गुणाः)

करमर्दफलं पक्वं मधुराम्लरसं गुरु ।
वातघ्नं दुर्जरं रुच्यं विष्टम्भि कफपित्तकृत् ।।82।।

Ripe fruits of karanda are sweet and sour in taste, hard to digest, mitigate vāta, takes long time to digest,are tasty, induce constipation; vitiate kapha and pitta [82].

(61)
Small karanda fruit
(hrasvakaramardaphala guṇāḥ / ह्रस्वकरमर्दफल गुणाः)

ग्राहि वातहरं ह्रस्वकरमर्दफलं गुरु ।83।

Small Karanda fruits are water absorbent, mitigate vāta and are hard to digest [83].

(62)
Kharā fruit
(kharāphala guṇāḥ / खराफल गुणाः)

खराफलं ग्राहि करोति मारुतं कषायमीषन्मधुरं प्रमेहनुत् ।84।

Kharā fruit is water absorbent, vitiates vāta, astringent and slightly sweet in taste, useful in diabetes.[84]. [Balasupandu (Telugu) = *Canthium coromandelicum* (N.BURM.), *Canthium parviflorum* ?] [*Canthium dicoccum* (Gaertn.) Teijsm. & Binn. var. *dicoccum* / *Plectronia parviflora* Bedd. All the three from Rubiaceae]

(63)
Ripe Ivy gourd
(bimbīphala guṇāḥ / बिम्बीफल गुणाः)

बिम्बीफलं श्लेष्मकरं पित्तवातहरं गुरु ।
वह्निमान्द्यकरं स्वादु स्रंसनं कामलापहम् ।।85।।

Ivy gourd aggravates kapha, mitigates pitta and vāta, is hard to digest, hinders digestive fire, sweet, laxative and alleviates jaundice [85].

(64)
Sweet Ivy Gourd
(svādubimbīphala guṇāḥ / स्वादुबिम्बीफल गुणाः)

स्वादुबिम्बीफलं रुच्यं मधुरं वातपित्तनुत् ।
श्लेष्मलं बृंहणं वृष्यं रुचिकृन्मेहनाशनम् ।।86।।

The sweet variety of Ivy guard is tasty, and sweet, mitigates vāta and pitta, vitiates kapha, is nourishing, aphrodisiac, enhances taste, and relieves polyuria [86].

(65)
Bilva fruit
(pakvabilvaphala guṇāḥ / पक्वबिल्वफल गुणाः)

पूतिमारुतकृद्बिल्वफलं पक्वं सुदुर्जरम् ।87 ।

Ripe Bilwa fruit causes a foul smell in flatus and takes a long time to digest [87].

(66)
Nagarī fruit
(nagarīphala guṇāḥ / नगरीफल गुणाः)

तिक्तं च मांसगन्धं च नगरीफलमुच्यते ।
सर्वक्रिमिहरं स्निग्धं श्लेष्मलं गुरु पित्तनुत् ।।88।।

Nagarī fruit is bitter, smells similar to flesh, relieves all types of worm infestation, is unctuous, aggravates kapha, hard to digest and mitigates pitta [88]. [Nakkiri (Telugu)= *Canthium coromandelicum* (N.Burm.)]

(67)
Vitasti phala
(vitastiphala guṇāḥ / वितस्तिफल गुणाः)

वितस्तिवृक्षसम्भूतं मधुरांम्लं फलं रुचि ।89 ।

Vitasti vṛkṣa fruit is sweet, sour and is tasty [89]. [Janapandu = *Grewia tiliaefolia* VAHL (Malvaceae)?]

(68)
White fig, Banyan fruit
(plakṣa evaṁ vaṭa phala guṇāḥ / प्लक्ष एवं वट फल गुणाः)

पक्वं प्लक्षफलं साम्लं कषायं मधुरं हिमम् ।
कफपित्तहरं भेदि तद्वद्वटफलं गुरु ।।90।।

Ripe fruits of white fig (plakṣa) are sour, astringent and, sweet, cold, mitigate kapha and pitta, break hard faeces, thus aiding purgation; fruits of vaṭa have similar properties and are hard to digest [90]. [Juvvi= Java fig-Ficus lacor Buch.- Ham]

(69)
Desert date
(iṅgudīphala guṇāḥ / इङ्गुदीफल गुणाः)

इङ्गुदीफलमत्युष्णं श्वासकासहरं परम् ।91 ।

The desert date is scorching and effective in relieving difficult breathing and cough. [*Balanites aegyptica* (L.) Delile] [91].

(70)
Black night shade fruit
(kākāmācīphala guṇāḥ / काकमाचीफल गुणाः)

काकमाचीफलं स्वादु कटुकं श्लेष्मपित्तहृत् ।92 ।

The fruit of black nightshade is sweet and pungent and mitigates kapha and pitta [92].

(71)
Peepul tree fruit
(aśvatthajaphala guṇāḥ / अश्वत्थजफल गुणाः)

फलमश्वत्थजं शीतं कषायं मधुरान्वितम् ।
तृड्दाहशमनं चाम्लं दुर्जरं कफमेहनुत् ।।93।।

Peepul (aśvattha) fruit is cold, astringent and, sweet, sour after digestion, relieves polydipsia, burning sensation, diseases due to kapha and polyuria, takes a long time to digest [93].

(72)
Bee sting bush fruit
(siṁhaphala guṇāḥ / सिंहफल गुणाः)

सिंहस्यापि फलं तिक्तं मधुरं श्वासकासजित् ।94 ।

Bee Sting Bush fruit is bitter and sweet, beneficial in difficult breathing and cough [94]. [Tellavuppi (Telugu) = *Azima tetracantha* Lam.]

(73)
Indian snow berry
(śvetapuritaphala guṇāḥ / श्वेतपूरितफल गुणाः)

श्वेतपूरिफलं तिक्तं मदपित्तकफापहम् ।95 ।

Indian snowberries are bitter, alleviate intoxication, and diseases due to pitta and kapha [95]. [Telapulugudu (Telugu)=

Securinega leucopyrus (Willd.) Muell.-Arg./ *Flueggea leucopyrus* Willd, Wight.]

(74)
Black-Honey Shrub fruit
(kṛṣṇavelliphala guṇāḥ / कृष्णवेल्लिफल गुणाः)

कषायं मधुरं ग्राहि कृष्णवेल्लिफलं गुरु ।96 ।

Black-Honey Shrub fruit (black variety of Krishna Khāmbhoji) is astringent and sweet, water absorbent and hard to digest [96]. [Nallapulugudu (Telugu)= *Phyllanthus reticulatus* Poir.]

(75)
Kantaka-pada-tarujātam
(kaṇṭakapadataru paripakva phala guṇāḥ / कण्टकपदतरु परीपक्व फल गुणाः)

कण्टकपदतरुजिज्जातं परिपक्वं फलमतीव पित्तहरम् ।97 ।

The ripe fruit of Kantaka-Pada-Tree is highly effective in alleviating pitta [97].

(76)
Ciṭṭikā fruit
(ciṭṭīkāphala guṇāḥ / चिट्टिकाफल गुणाः)

चिट्टिकाफलमतिमधुरं तत्साम्लपित्तमनिलं कफं हन्ति ।98 ।

Ciṭṭikāphala is very sweet, slightly sour in taste, mitigates pitta, vāta and kapha [98].

(77)
Mahāciḍbila
(mahāciḍbalasya pakvaphala guṇāḥ / महाचिड्बलस्य पक्वफल गुणाः)

महाचिड्बिलसम्भूतं फलं पक्वं त्रिदोषकृत् ।99 ।

Ripe fruit of mahāciḍbila aggravates tridoṣa [99]. [Kodibuduma (Telugu)= *Cucumis pseudo-colocynthi* royle, *Cucumis pubescens* Wall. *Cucumis trigonus* Roxb. ??]

(78)
Cidbila phalaṃ
(ciḍbilasya pakvaphala guṇāḥ / चिड्बिलस्य पक्वफल गुणाः)

चिड्बिलस्य फलं पक्वं वातपित्तहरं गुरु ।100 ।

Ripe cidbila fruit mitigates vāta and pitta and is hard to digest [100].

(79)
Neem fruit
(ariṣṭaphala guṇāḥ / अरिष्टफल गुणाः)

परिपक्वमरिष्टस्य फलं मधुरतिक्तकम् ।
क्रिमिकुष्ठहरं चैव कफपित्तहरं विदुः ।।101 ।।

Ripe Neem (ariṣṭa) fruit is sweet and bitter and relieves worm infestation, integumentary disease and diseases due to kapha and pitta [101].

(80)
Nux-vomica fruit
(kāraskaraphala guṇāḥ / कारस्करफल गुणाः)

कारस्करफलं तिक्तं विषघ्नं क्रिमिकुष्ठनुत् ।102 ।

Nux-vomica fruit is bitter and pacifies poison, worm infestation and integumentary disease [102].

(81)
Sage-leaved alangium fruit
(aṅkolasyaphala guṇāḥ / अङ्कोलस्यफल गुणाः)

अङ्कोलस्य फलं तिक्तं विषान् सर्वान् व्यपोहति ।103 ।

Sage-leaved alangium fruit is bitter and pacifies all types of poison [103].

(82)
Viśāla fruit
(viśālaphala guṇāḥ / विशालफल गुणाः)

विशालायाः फलं तिक्तं श्वासकासहरं नृणाम् ।104 ।

Viśāla fruit is bitter, alleviates difficult breathing and cough [104]. [Padarapandu?Padari (Telugu)= *Stereospermum chelonoides* (L.F.) DC.=

Patala (Sanskrit)] Or [Vishala (Sanskrit)= *Cucumis pseudo-colocynthi* Royle ?]

(83)
Kāka type Ivy gourd
(kākabimbīphala guṇāḥ / काकबिम्बीफल गुणाः)

काकबिम्बीफलं तिक्तं केशरञ्जनकृत्परम् ।**105** ।

Kāka type Ivy gourd is bitter, effectively imparts colour to hair [105]. [*Coccinia grandis* (L.) Voigt]

(84)
Puging cassia fruit
(rājavṛkṣaphala guṇāḥ / राजवृक्षफल गुणाः)

राजवृक्षफलं स्वादु वातघ्नं कफमेहनुत् ।**106** ।

Rājavṛkṣaphalaṃ is sweet and mitigates diseases due to vāta, kapha and polyuria [106].

(85)
Tamarind fruit and seed
(tintriṇyāphala bīja guṇāḥ / तिन्त्रिण्याफल एवं बीज गुणाः)

लघूष्णं ग्राहि तिन्त्रिण्या फलं बीजं तु जन्तुकृत् ।**107** ।

Tamarind fruit (Tintriṇī phala) is easy to digest, hot, water absorbent; seeds induce growth of worms [107].

(86)
Old Tamarind fruit
(purāṇatintriṇyā phala guṇāḥ / पुराणतिन्त्रिण्याफल गुणाः)

पुराणं मलदोषघ्नं सर्वारोचकनाशनम् ।**108** ।

Old Tamarind alleviates mala- doṣas (vitiated doṣa's) and all types of anorexia [108]

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

जीर्णचिञ्चाफलं ग्राहि वातपित्तकफान् जयेत् ।
अभिघातास्रजित्पथ्यं वृष्यं सर्वामयान् जयेत् ।।**109**।।
पित्तश्लेष्मकरं ज्ञेयं नवकं तिन्त्रिणीफलम् ।
संवत्सरोषितं तत्तु पित्तघ्नमनिलापहम् ।।**110**।।
सर्वदोषहरं पथ्यं पुराणं तिन्त्रिणीफलम् ।**111** ।

Old tamarind (Jīrṇa ciñcā phala) is water absorbent, mitigates vāta, pitta and kapha; effective in injuries, bleeding disorders, all types of diseases and is aphrodisiac. Fresh tamarind aggravates pitta and kapha. One-year-old Tamarind mitigates pitta and vāta. Very old tamarind alleviates all doṣas and is wholesome. [109-111].

(87)
Small variety of Tamarind
(laghuciñcāphala guṇāḥ / लघुचिञ्चाफल गुणाः)

लघुचिञ्चाफलं भेदि साम्लं मारुतनाशनम् ।
श्लेष्मलं कुरुते सद्यः तस्मात्पित्तगदानपि ।।**112**।।

Small variety/Fresh Tamarind breaks hard faeces, thus aids purgation, is sour in taste, mitigates vāta, aggravates kapha and is capable of causing diseases of pitta instantly [112].

(88)
Kaṭṭeṅguṇadurujaṃ
(kaṭṭeṅguṇadurujaṃ pakvaphala guṇāḥ / कट्टेङ्गुणदुरुजं पक्वफल गुणाः)

कट्टेङ्गुणदुरुजं पक्वं फलं पित्तविनाशनम् ।
मधुरं क्रिमिहृद्रुच्यं श्लेष्मकारि च शीतलम् ।।**113**।।
दाडिमामलकं द्राक्षाखर्जूरं सपरूषकम् ।
राजादनं मातुलुङ्गं फलवर्गे प्रशस्यते ।।**114**।।
फलानामवरं तत्र लिकुचस्सर्वदोषकृत् ।
शिशिरार्काशनिव्यालक्रिमिक्लिष्टमदेशजम् ।।**115**।।
अकालसम्भवं क्लिन्नं पुराणं च त्यजेत्फलम् ।
द्राक्षादिवर्जितं शुष्कं तथामं बिल्ववर्जितम् ।।**116**।।

Ripe fruit of kaṭṭeṃguṇadurujaṃ mitigates pitta, is sweet, removes worms, is tasty, vitiates kapha and is cold. Dāḍima, āmalaka, drākṣā, kharjūra, parūṣaka, rājādana and mātuluṅga, are best in the group of fruits. Lemon (Likuca) is the least desirable among all the fruits as it aggravates all doṣas. Fruits are spoiled due to excessive coldness, sun, thunderbolts, animals

(poisonous), and worms; those which do not grow in the natural habitat and those grown during non-season, those that are rotten/putrified and those that are stale (old) should be rejected. All fruits which are old other than drākṣā, etc. and all unripe fruits except bilva should be avoided. [113-116].

इति द्रव्यरत्नावल्यां फलवर्गः समाप्तः ॥

Here ends the description of the category of fruits in Dravyaratnāvali.

38. HARĪTAKĪ AND OTHER MEDICINES GROUP

Harītakī guṇāḥ/ हरीतकी गुणाः

Now, the description of a group of drugs begining with harītakī.

(1)
Chebulic myrobalan
(harītakī guṇāḥ / हरीतकी गुणाः **)**

मेध्या वयःस्था च सरा स्निग्धा वैशद्यकुष्ठनुत् ।
विषमज्वर हृद्रोग पाण्डु शोफगदोदरम् ।।1।।
कामला ग्रहणी छर्दि श्वासातीसारगुल्मनुत् ।
शूलानाह विबन्धघ्नी श्रेष्ठा पथ्या रसायनी ।।2।।

Chebulic myrobalan (harītakī) helps in improving intelligence, is beneficial in maintaining the age, slimy in nature and is useful in treating the diseases of the skin, irregular fevers, heart diseases, anaemia, inflammation, diseases of the stomach, jaundice, dysentery, vomiting, dyspnoea, diarrhoea, lump, different types of pain, flatulence and constipation. It is considered as the best medicine[1-2].

(*)
In another manuscript
(granthāntare / ग्रन्थान्तरे **)**

कषायमधुरा पाके रूक्षा विलवणा लघु ।
दीपनी पाचनी मेध्या वयसःस्थापिनी परा ।।3।।
उष्णवीर्या सरा वृष्या बुद्धीन्द्रिय बलप्रदा ।
कुष्ठवैवर्ण्य वैस्वर्य पुराणविषमज्वरान् ।।4।।
शिरोक्षि पाण्डु हृद्रोग कामला ग्रहणीगदान् ।
सशोषशोफातिसार मेह मोहवमिकृमीन् ।।5।।
श्वासकास प्रसेकार्शः प्लीहानाहगरोदरम् ।
विबन्धं श्रोतसां गुल्ममरुस्तम्भमरोचकम् ।।6।।
हरीतकी जयेद् व्याधींस्तांस्तांश्च कफवातजान् ।
हरि हरीतकीं चैव गायत्रीं च दिने दिने ।।7।।
मोक्षारोग्यतपः कामी चिन्तयेद्भक्षयेज्जपेत् ।8।

Harītakī has astringent and sweet tastes in its post-digestive state. It is devoid of salty taste among the six tastes, light in nature, enhances the metabolic fire, acts as a digestive, enhances intellect, regulates the ageing process, is hot in potency, cathartic, aphrodisiac, and strengthens the cognitive organs and intellect. It alleviates skin disorders, discolouration of skin, changed voice, chronic and irregular fevers, disorders of the head, eye diseases, anaemia, heart diseases, jaundice, dysentery, emaciation, inflammation, diarrhoea, obstinate urinary diseases, delusion, vomiting, worm infestations, dyspnoea, cough, salivation, haemorrhoids, splenic disorders, abdominal distension, artificial poisons, abdominal disorders, obstruction of channels, lumps, stiffness of thighs and anorexia. It also helps in treating the diseases caused by kapha and vāta. One desirous of salvation, health and penance should daily worship Lord Vishnu, consume harītakī fruits and chant gāyatrimantra respectively [3-8].

(2)
Emblic myrobalan
(āmalaka guṇāḥ / आमलक गुणाः **)**

तद्वदामलकं शीतमम्लपित्तकफापहम् ।9।

Emblic myrobalan/ Indian gooseberry has qualities similar to Chebulic myrobalan. It is cold in potency relieves hyperacidity and the diseases caused by kapha [9].

(3)
Belliric Myrobalan
(akṣa, vibhītakī guṇāḥ / अक्ष, विभीतकी गुणाः **)**

अक्षं विपाके कटुकं शीतमीषच्च तद्गुणम् ।
कासहिद्ध्मापहं वृष्यं केश्यं दीपनमुत्तमम् ।।10।।

Vibhītakī is pungent in the post-digestive state, cold in potency and similar to the above-said Āmalaki. It alleviates cough and hiccups. It is an aphrodisiac, maintains hair growth and enhances metabolic fire [10].

(4)

Dried Emblic myrobalan

(śuṣkadhātrī phala guṇāḥ / शुष्क धात्री फल गुणाः)

शुष्क धात्रीफलं रुच्यं त्रिदोषशमनं स्मृतं ।**11** ।

Dried Emblic myrobalan improves taste and alleviates tridoṣa [11].

(5)

Collection of three myrobalan according to season

(ṛtvanusāra triphalā grāhyakālaḥ / ऋत्वनुसार त्रिफला ग्राह्यकालः)

माघे हरीतकी ग्राह्या फाल्गुने च विभीतकी ।
चैत्रे चामलकी ग्राह्या त्रिफला सुगुणा भवेत् ।।**12**।।

Triphala (harītakī, vibhītakī and āmalaki) are to be collected in mid January (Māgha), mid February (Phālguna) and mid March (Chaitra) months respectively. The combination of triphala collected during this period is considered best for usage [12].

(6)

Ratio of three myrobalan

(triphalā anupātaḥ / त्रिफला अनुपातः)

हरीतकीत्रयं कुर्यात् षडेव तु विभीतकाः ।
द्वादशामलकानां च इत्येषा त्रिफला मता।।**13**।।
चक्षुष्या त्रिफला वृष्या कफपित्तविनाशनी।
मेहकुष्ठहरा शीता शिरोरोगहरा सरा।।**14**।।

The combination of three harītakī, six vibhītakī along with twelve āmalaki taken in powder form is called triphala, which is beneficial for eyes, aphrodisiac, alleviates kapha, pitta disorders, diabetes, disorders of skin and head. It is cold in potency and acts as a purgative [13-14].

(7)

Usage of three myrobalan

(triphalā sevanakramāḥ / त्रिफला सेवनक्रमाः)

घृतान्विता वा मधुनान्विता वा गुडान्विता तैलसमन्विता वा।
एकोऽपि नित्यं मनुजैः प्रयोज्यः सर्वामयानां शमनी महौघः ।।**15**।।

Triphala can be consumed regularly along with either ghee or honey or jaggery or oil as adjuvants. This is considered as the best medicine as it alleviates all varieties of diseases [15].

(8)

Dry ginger

(śuṇṭhī guṇāḥ / शुण्ठी गुणाः)

शुण्ठी स्निग्धोष्णकटुका वृष्या शोभाकरा रुचि।
हन्ति वातोदरश्वासान् पाण्डुश्लीपदनाशनी।
वायुं निवारयत्येव जन्तुसन्ततिनाशनी।।**16**।।

Dry ginger (śuṇṭhī) is unctuous, hot and pungent. It acts as an aphrodisiac, imparts lustre, and alleviates anorexia, disorders of vāta, disorders of the abdomen, dyspnoea, anaemia, filariasis/ elephantiasis and worm infestations [16].

(9)

Dry ginger collected from western mountain range

(malayaśuṇṭhī guṇāḥ / मलयशुण्ठी गुणाः)

आमघ्नं दीपनं रुच्यं तद्वन्मलयनागरम् ।**17** ।

Dry ginger prepared from the ginger collected from the western mountain range (Malaya) relieves vitiated āma, kindles digestive fire and imparts taste. It is said to have properties similar to śuṇṭhī [17].

(10)

Indian long pepper

(pippalī guṇāḥ / पिप्पली गुणाः)

विपाके मधुरा स्निग्धा तीक्ष्णोष्णा पिप्पली सरा ।
वातानुलोमनी वृष्या दीपनी कफशूलहा ।।**18**।।

Indian long pepper is sweet in the post-digestive state, unctuous, sharp/penetrating in action, hot in potency, laxative, helps in the downward movement of vāta, and acts as digestive and is aphrodisiac. It alleviates kapha disorders and all kinds of pains[18].

(*)

Another reading

(pāṭhāntare / पाठान्तरे)

।।
कृष्णा कटूष्णा स्वादु च स्निग्धा गुल्म त्रिदोषनुत्।
तृष्णं ज्वरोदरं चामनाशनी च रसायनी ।।**19**।।

Indian long pepper is pungent in taste, hot in potency, sweet in the post-digestive state, and unctuous. It alleviates lumps, diseases caused by tridoṣa, thirst, fever, abdominal disorders and āmadoṣa. It is also said to have rejuvenating properties [19].

(11)
Black Pepper
(marica guṇāḥ / मरिच गुणाः)

वातघ्नं पैत्यकोऽयं स्यान्मरिचं भेदि दीपनम् ।
विपाके कटुकं तीक्ष्णं शूलघ्नं कफनाशनम् ।।20।।

Black pepper alleviates vāta and pitta, acts as purgative, enhances digestive fire due to the pungent taste in the digestive state, and is sharp in action. It benefits treating all kinds of pains and kapha disorders [20].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

अत्यर्थमुष्णम् मरिचमवृष्यं लघु रोचनम् ।
छर्दित्वाच्छोषणत्वाच्च दीपनं कफवातनुत् ।।21।।

Black pepper is extremely hot in potency, non-aphrodisiac, easy to digest, and has an improved taste. It causes vomiting and emaciation on excess intake, kindles appetite, and pacifies kapha and vāta [21].

(12)
Fresh Raw Black pepper
(ārdramarica guṇāḥ / आर्द्रमरिच गुणाः)

स्वदुपाकार्द्रमरिचम् गुरुश्लेष्मप्रकोपहृत् ।
कटूष्णं लघु तच्छुष्कं वृष्यं च कफवातजित् ।।22।।
शिरोविरेचने योज्यं क्रिमिशूलनिवारणम् ।23।

Fresh/Raw black pepper is sweet after digestion, hard to digest, pacifies kapha, pungent, and hot in potency. When dried, it is easy to digest, is aphrodisiac, pacifies kapha and vāta, is useful for errhine therapy and eradicates worms and all kinds of pains [22-23].

(13)
Fresh Raw Long pepper
(ārdrapippali guṇāḥ / आर्द्रपिप्पली गुणाः)

श्लेष्मला स्वादु शीतार्द्रा गुर्वी स्निग्धा च पिप्पली ।24।

Fresh/raw long pepper increases kapha, sweet in taste, cold, hard to digest and unctuous in nature [24].

(14)
Three pungents
(vyoṣa, trikaṭu guṇāḥ / व्योष/त्रिकटु गुणाः)

व्योषं कफहरं चोष्णं सूक्ष्मस्रोतोविशोधनम् ।
दीपनं रोचनं तीक्ष्णं हन्ति कासगलामयान् ।।25।।

The combination of śuṇṭhī, maricha and pippalī is termed as 'trikaṭu' or 'vyoṣa'. It alleviates kapha, is hot, cleanses the channels, kindles digestion, enhances taste, is sharp in action, and relieves cough and throat diseases[25].

(15)
Wild leadwort
(citraka guṇāḥ / चित्रक गुणाः)

चित्रकं कटुकं तिक्तमुष्णं वातकफापहम् ।
दीपनं पित्तलं भेदि क्षयदुर्नामनाशनम् ।।26।।

Wild leadwort (citraka) is pungent and bitter, hot, pacifies vāta and kapha, kindles digestive fire, purgative and aggravates pitta. It helps treat consumption and haemorrhoids [26].

(16)
Java long pepper
(gajapippali guṇāḥ / गजपिप्पलि गुणाः)

गजपिप्पलिका वृष्या दीपनी श्लेष्मवातहा ।
गुल्मशूलविबन्धघ्नी स्निग्धा बल्या रुचिप्रदा।।27।।

Java long pepper (gajapippali) is an aphrodisiac, kindles digestive fire, alleviates kapha and vāta, is unctuous, and enhances strength and taste. It is beneficial in treating lumps, pain and constipation [27].

(17)
Cardamom
(elā guṇāḥ / एला गुणाः)

एला तिक्त कषायोष्णा लघु वातकफापहा ।
किञ्चित्पित्तकरी हृद्या मुखपाकशिरोऽर्तिनुत् ।।28।।

Cardamom is bitter and astringent in taste, hot, light to digest, mitigates vāta and kapha, slightly aggravates pitta. It is beneficial for heart, treats stomatitis and head disorders [28].

(18)
Black, greater cardamom
(bṛhadelā guṇāḥ / बृहदेला गुणाः)

कफपित्तहरा वृष्या स्थूलैला स्थौल्यजिद्गुरु ।
विषपाण्ड्वामये शस्ता कण्डूकुष्टास्यरोगहा ।।29।।

Black, greater cardamom pacifies kapha and pitta, is aphrodisiac, heavy to digest, and beneficial in treating obesity, poison, anaemia, urticaria, and diseases of the skin and oral cavity[29].

(*)
In another manuscript
(granthāntare / ग्रन्थान्तरे)

एलाद्वयं शीतलमुष्णतिक्तं सुगन्धि पित्तार्ति कफापहारि ।
करोति हृद्रोगमलार्तिवस्तिं पुंस्त्वघ्नमत्र स्थविरं गुणाढ्यम् ।।30।।

Two varieties of cardamom (elā) are cold, hot, bitter in taste, have pleasant aroma, mitigate pitta and kapha, generate diseases of heart, abnormalities of faeces and bladder and impotence/ loss of sexual vigor. Among the two the bigger one has more good properties [30].

(19)
Karpura Clove
(karpūralavaṅga guṇāḥ / कर्पूरलवङ्ग गुणाः)

लवङ्गं कटुकं रुच्यं स्वादु हिध्मास्रपित्तनुत् ।
शोफकासवमिश्वास दुर्नामकफजन्तुजित् ।।31।। (रा.ध)

Karpūra variety of clove pungent and sweet, imparts taste, and helps in treating hiccups, bleeding disorders, inflammation, cough, vomiting, dyspnoea, haemorrhoids, worm infestation and diseases of kapha [31].

(20)
Clove
(lavaṅga guṇāḥ / लवङ्ग गुणाः)

लवङ्गमामघ्नमुदाहरन्ति तृषापहं ग्राहि कटुश्च शीतम् ।
वातं च पित्तं च कफापहं च निहन्ति रोगेश्वरध्वंसनमूलहेतुः ।।32।।

Cloves eliminate vitiated ama, pacifiy thirst, act as absorbent, pungent, cold and alleviate tridoṣa. It is very crucial in destroying (treating) the king of diseases i.e. fever (jvara) / consumption (kṣaya) [32].

(21)
Cinnamon bay leaf
(patraka guṇāḥ / पत्रक गुणाः)

पत्रकं कफवातघ्नं स्वादु तिक्तकषायकम् ।
कासघ्नं दीपनं चोष्णं वस्तिरुङ्मुखरोगनुत् ।।33।।

Cinnamon bay leaves pacify kapha and vāta, are sweet, bitter and astringent in taste, hot, enhance digestive fire and help treat cough diseases of the bladder and oral cavity [33].

(22)
Cobra saffron
(nāgakesara guṇāḥ / नागकेसर गुणाः)

स्यान्नागकेसरं चोष्णं लघुतिक्तविषापहम् ।
वातासृग्वस्तिरुक्कण्डूः हन्ति श्लेष्मापहं सरम् ।।34।।

Cobra saffron is bitter in taste, hot, light to digest, acts as purgative and relieves the effect of poison. It is used in the treatment of gout, diseases of urinary bladder, urticaria and kapha disorders [34].

(23)
Trijātaka
(trijātaka guṇāḥ / त्रिजातक गुणाः)

एलालवङ्गपत्रं स्यात्त्रिजातकमिति स्मृतम्
त्रिजातकं रोचनदीपनीयं मुखामयघ्नं कफपित्तहारि ।।35।।

The combination of cardamom (ela), clove (lavaṅga) and cinnamon bay leaf (patra) is termed as “trijātaka ”, which is having the quality of enhancing the taste and digestive fire, pacifies

kapha, pitta and is beneficial in curing the diseases of oral cavity [35].

(24)
Caturjātaka
(caturjātaka guṇāḥ / चतुर्जातक गुणाः **)**

त्वगेलापत्रकिञ्जल्कैश्चातुर्जातकमिष्यते ।
पित्तानिलघ्नं लघुदीपनं च तद्वच्चतुर्जातकमुच्यते बुधैः । ।**36** । ।

The combination of cinnamon (tvak), cardamom (ela), cinnamon bay leaf (patra) and cobra saffron (nagakesara) is termed as "chaturjātaka", which is light to digest, enhances digestive fire and helps in the pacification of pitta and vāta [36].

(25)
English yew leaf
(tālisapatra guṇāḥ / तालिसपत्र गुणाः **)**

रुच्यं सुगन्धि तालीसं दोषहृच्छ्वासकासजित् ।**37** ।

English yew leaf (tālisapatra) enhances taste, has a pleasant smell, pacifies doṣa, and is useful in treating dyspnoea and cough [37].

(26)
Vetiver
(uśīra guṇāḥ / उशीर गुणाः **)**

तिक्तं कषायं कटुकमुशीरं शीतलं लघु ।
दाहे ज्वरे विषे शस्तं पाके तीक्ष्णं कफाश्मनुत् । ।**38** । ।

Vetiver, khuskus roots (uśīra) are bitter, astringent and pungent in taste, cold, light to digest, strong after digestion, beneficial in treating burning sensation, fever, poison, urolithiasis and kapha diseases [38].

(27)
Valak
(Hrībera guṇāḥ / ह्रीबेर गुणाः **)**

शीतलं लघुकषायदीपनं रक्तपित्तशमनं ज्वरापहम् ।
तृषापहं दाहविनाशनं च जलं त्वशीतं त्वतिसारहारि । ।**39** । ।

It is cold, light to digest, astringent in taste, kindles the digestive fire and relieves bleeding disorders, fever, thirst, burning sensation and diarrhoea [39].

(28)
Choijwal, wild pepper
(reṇukā guṇāḥ / रेणुका गुणाः **)**

रेणुका कटुतिक्ता च आस्य वैशद्यकारिणी ।
अग्निदीप्तिकरी वृष्या सुगन्ध्युद्गारकारिणी । ।**40** । ।

It is pungent and bitter, imparts cleanliness/freshness to the mouth, helps in kindling digestive fire, is aphrodisiac, has a pleasant smell, and causes eructation [40].

(29)
False black pepper
(viḍaṅga guṇāḥ / विडङ्ग गुणाः **)**

कुष्ठश्वित्रहरं तिक्तं विलङ्गं क्रिमिहृल्लघु ।**41** । ।

False black pepper (viḍaṅga) is beneficial in treating skin disorders, leukoderma and worm infestations. It is bitter in taste and light to digest [41].

(30)
Tumburu
(tumburu guṇāḥ / तुम्बुरु गुणाः **)**

तीक्ष्णोष्णा तुम्बुरुस्तिक्ता शूलघ्नी कफवातहा ।**42** ।

The toothache tree (tumburu, tejohva) is strong, hot and bitter and pacifies pain and disorders of kapha and vāta [42].

(31)
Indian gentian
(kaṭukī guṇāḥ / कटुकी गुणाः **)**

कटुका रोहिणी तिक्ता कफपित्तविनाशिनी ।
जन्तुघ्नी रोचनी हन्ति स्रंसनी ज्वरनाशनी । ।**43** । ।

Indian gentian (kaṭukī) is bitter, pacifies kapha and pitta, removes worm infestation, promotes taste, is laxative and relieves fever [43].

(32)
Brown mustard
(rājikā guṇāḥ / राजिका गुणाः **)**

राजिकाः कटुका रुच्या स्तीक्ष्णोष्णा कफपित्तलाः ।
स्निग्धाश्च गुरवः प्रोक्ता रक्षोघ्ना वह्निसादनाः । ।**44** । ।

Brown mustard is pungent, strong, hot, unctuous and heavy to digest. It imparts taste, aids protection/sterilization, increases kapha and pitta and diminishes the digestive fire [44].

(33)
Rapeseed, Mustard
(sarṣapa guṇāḥ / सर्षप गुणाः)

सर्षपाः स्निग्धकटुकतीक्ष्णोष्णा रक्तपित्तलाः ।
निरूहे छर्दने शस्ता बहुदोषकरास्सराः ।।45।।

Rapeseed mustard is unctuous, pungent, intense, hot, and vitiates blood and pitta. It is considered best for decoction enema and therapeutic emesis. It may cause many disorders and acts as a purgative [45].

(34)
Indian elecampane
(puṣkaramūla / पुष्करमूल गुणाः)

पौष्करं कफवातघ्नं कषायं दीपनं सरम् ।
गुल्मशूलोदरानाह शोफकासक्रिमिप्रणुत् ।।46।।

Indian elecampane (puṣkaramūla) mitigates kapha and vāta, is astringent in taste, kindles digestive fire and acts as purgative. It relieves lumps, pain, ascites, abdominal distension, inflammation, cough and worm infestation [46].

(35)
Crepe ginger
(kuṣṭha guṇāḥ / कुष्ठ गुणाः)

कुष्ठं तिक्तकषायं स्याद्दीपनं कफजन्तुजित् ।47।

Crepe ginger (kuṣṭha) is bitter and astringent in taste, kindles the digestive fire, and is beneficial in pacifying kapha disorders and worm infestation [47].

(36)
Indian bdellium-tree resin
(guggulu guṇāḥ / गुग्गुलु गुणाः)

शोफघ्नं तिक्तकटुकं गुग्गुलुर्व्रणजन्तुजित् ।
स्थौल्यं मेहहरं मेध्यं वयसः स्थापनं परं ।।48।।

Indian bdellium-tree resin (guggulu) is bitter and pungent, it relieves wounds and worm infestation. It is the best medicine for obesity and urinary diseases. It promotes intellect and prevents ageing [48].

(37)
Mahiṣākṣi type of guggulu
(mahisākṣiguggulu guṇāḥ / महिसाक्षिगुग्गुलु गुणाः)

महिसाक्षीगुग्गुलुः प्रोक्तो दोषघ्नो भेदिदीपनः ।
कषाय तिक्त कटुको देवतार्थे प्रशस्यते ।।49।।

Mahisākṣi type of guggulu alleviates tridoṣa, aids purgation by breaking hard faeces, and kindles appetite; is astringent, bitter and pungent. It is helpful as incense in the worship of deities[49]. Note: Types of guggulu -mahisākṣi, mahānīlaḥ, kumudaḥ, padmaḥ and hiraṇyaḥ (B.P.N.2/15.33 ½)

(38)
Sal resin
(sarjarasa guṇāḥ / सर्जरस गुणाः)

विसर्पकुष्ठकण्डूघ्नः सर्जः कर्णरुजापहा ।50।

Sal resin (sarjarasa) alleviates acute spreading eruptions, skin ailments, pruritis and ear diseases [50].

(39)
Liquorice root
(yaṣṭimadhu guṇāḥ / यष्टिमधु गुणाः)

मधुकं रक्तपित्तघ्नं स्वादु वृष्यं हिमं गुरु ।
चक्षुष्यं तद्विदाहघ्नं बलकृद्देहवर्णजित् ।।51।।

Liquorice root (yaṣṭimadhu) alleviates epistaxis, is sweet, acts as an aphrodisiac, is cold and hard to digest, is good for eyes, soothes the burning sensation of the eyes, imparts strength and promotes the complexion of the body [51].

(40)
Cumin
(jīraka guṇāḥ / जीरक गुणाः)

तीक्ष्णोष्णं कटुकं हृद्यं जीरकं कफवातनुत् ।
दीपनं गुल्मशूलघ्नं पथ्यं चारुचिहृल्लघु ।।52।।

Cumin acts very sharp; it is pungent, good for the heart, mitigates kapha and vāta, kindles appetite, beneficial in the abdominal lump, colic and anorexia; wholesome,removes bad taste and easy to digest[52].

(41)
Black caraway seeds
(kṛṣṇajīraka guṇāḥ / कृष्णजीरक गुणाः)

श्लेष्मघ्नं दीपनं पथ्यं क्रिमिघ्नं कृष्णजीरकम् ।
किञ्चित्पित्तहरं तिक्तं सकषायं प्रमेहनुत् ।।53।।

Black caraway pacifies kapha and pitta, kindles appetite is wholesome, bitter and astringent, and alleviates diabetes[53].

(42)
Carom seed
(ajāmoda guṇāḥ / अजामोद गुणाः)

दीप्यं च दीपनं तिक्तमामातीसारजिल्लघु ।
उष्णं कटु क्रिमिहरं कषायं श्लेष्मवातनुत् ।।54।।

Carom seeds kindle appetite, are bitter, pungent and astringent, useful in āma stage of diarrhoea and worm infestation, pacify kapha and vāta[54].

(43)
Black henbane
(ajāmoda guṇāḥ / अजामोद गुणाः)

अजामोदं कण्ठशोषकारणं यवनप्रियम् ।55।

Black henbane (khurasāni-ajwain) induces dryness in the throat. It is favourite of yavana people [55].

(44)
Wild Celery seeds
(ajāmoda guṇāḥ / अजामोद गुणाः)

अजामोदस्तथा तिक्तः कषायो ग्राहि दीपनः ।
आम प्रवाहिकां हन्ति शूलक्रिमिविनाशनः ।।56।।

Wild celery (ajāmoda) is bitter, astringent, water absorbent, kindles appetite, alleviates āma, dysentery, colicky pain and worm infestation [56].

(45)
Harith-Yavāni
(haridyavānī guṇāḥ / हरिद्यवानी गुणाः)

हरिद्यवानी तिक्तं तु पित्तलं कफवातनुत् ।
क्रिमिघ्नं लघुतीक्ष्णोष्णं दीपनं विड्विमोचनम् ।।57।।

Harith-yavāni is bitter, aggravates pitta, alleviates kapha and vāta, removes worm infestation, easy to digest, sharp, hot, kindles appetite and aids elimination of faeces.

(46)
Three types of ajāmoda
(ajāmodatrayasya guṇāḥ / अजामोदत्रयस्य गुणाः)

अजामोदत्रयं रूक्षं सतिक्तं कटुकं लघु ।
उष्णं कफानिलहरं क्रिमिजिच्चाग्निदीपनम् ।।58।।

Three types of ajamoda are dry, bitter and pungent; easy to digest, hot; alleviate kapha, vāta and worm infestation; it kindles digestive fire [58].

(47)
Garden dill seeds
(śatāhvā guṇāḥ / शताह्वा गुणाः)

शताह्वा कटुतिक्ता च स्निग्धोष्णा श्लेष्मवातजित् ।
नेत्रज्वरव्रणान् हन्ति वस्तिकर्मणि शस्यते। ।।59।।

Garden dill (śatāhvā) is pungent, bitter, unctuous, and hot; it mitigates kapha and vāta, is useful in diseases of the eye, pyrexia, and injuries and is effectively used in enema therapy [59].

(48)
Nutgrass
(musta guṇāḥ / मुस्ता गुणाः)

मुस्ता तिक्ता कषाया स्याच्छिशिरा श्लेष्मरक्तजित् ।60।

Purple nuts edge, galingales (musta) is bitter, astringent, cold and is useful in diseases caused by vitiated kapha and rakta [60].

(49)
Nutgrass roots
(nāgaramusta guṇāḥ / नागरमुस्त गुणाः)

पित्तज्वरातिसारघ्नी तृष्णाज्वरविनाशिनी ।61।

Nutgrass roots (nāgara must have) alleviate pyrexia due to vitiated pitta, diarrhoea and polydipsia [61].

(50)
Indian maddar
(mañjiṣṭha guṇāḥ / मञ्जिष्ठ गुणाः)

मञ्जिष्ठा मधुरा स्वादुकषायोष्णा गुरुस्तथा ।
कफोत्थव्रणमेहघ्नी विषनेत्रामयान् जयेत् ।।62।।

Indian maddar (mañjiṣṭha) is sweet and astringent, hot, hard to digest, effective in wounds vitiated due to kapha, polyuria, poison and ophthalmic diseases [62].

(51)
Juice of glory bower, bleeding heart
(bhārṅgī guṇāḥ / भार्ङ्गी गुणाः)

स्त्यात्स्वरसे तिक्ता वातपित्तकफापहा ।
गुल्मज्वरास्रकासघ्नी यक्ष्माणं हन्ति पीनसम् ।।63।।

Juice of glory bower, bleeding heart (bhārṅgī) is bitter, mitigates vāta, pitta, kapha, abdominal lump, pyrexia, bleeding disorders, tussis, tuberculosis and rhinitis [63].

(52)
Indian barberry
(dāruharidrā guṇāḥ / दारुहरिद्रा गुणाः)

तिक्ता दारुहरिद्रा स्यात्तीक्ष्णोष्णा व्रणमेहनुत् ।
कर्णनेत्रमुखोद्भूतान् कण्ठरोगांश्च नाशयेत् ।।64।।

Barberry (dāruharidrā) is sharp, hot and effective in alleviating ulcers, polyuria, and diseases of the ears, eyes, oral cavity and throat [64].

(53)
Turmeric
(haridrā guṇāḥ / हरिद्रा गुणाः)

हरिद्रा सर्वकुष्ठघ्नी तिक्तोष्णा वर्णकारिणी ।
कण्डूमेहव्रणान् हन्ति सर्वसौभाग्यपुष्टिदा ।।65।।

Turmeric (haridrā) is effective in relieving all types of skin ailments, pruritis, polyuria and wounds; it is hot, enhances complexion, promotes all types of good fortune and imparts nourishment [65].

(54)
Mango-ginger
(sahakāraharidrā guṇāḥ / सहकारहरिद्रा गुणाः)

सहकारहरिद्रा स्यत्किञ्चित्तिक्तकषायका ।
आस्यवैशद्यजननी मेहकुष्ठविनाशनी ।।66।।

Mango ginger (sahakāraharidrā) is slightly bitter and astringent, promotes freshness of the oral cavity, and alleviates polyuria and skin diseases [66].

(55)
Himalayan cedar
(devadāru guṇāḥ / देवदारु गुणाः)

देवदारु भवेत्तिक्तं स्नोग्धोष्णं श्लेष्मवातनुत् ।
आमदोषविबन्धोत्थ प्रेमेहविनिवर्तकम् ।।67।।

Himalayan cedar (devadāru) is bitter, unctuous, hot, pacifies kapha and vāta, relieves complications caused by vitiated āma and constipation and is effective in diabetes [67].

(56)
Chir pine
(sarala devadāru guṇāḥ / सरल गुणाः)

तद्गुणं सरलं स्निग्धं हन्ति कोपकफानिलान् ।।68।।

Chir pine (Sarala devadāru) has the same properties above, is unctuous and alleviates kapha and vāta [68].

(57)
Nut grass
(bhadramusta guṇāḥ / भद्रमुस्त गुणाः)

शीता कषाया भद्रा च मुस्ता श्लेष्मास्रपित्तजित् ।
ज्वरातिसारपित्तघ्नी मेहारोचकनाशनी ।।69।।

Nut grass (bhadra-musta) is cold astringent, alleviates disorders due to kapha and rakta, pyrexia, diarrhoea, diseases due to pitta, polyuria and anorexia [69].

(58)
Black oil plant, climbing staff tree
(kaṅguṇī, jyotiṣmati guṇāḥ / कङ्गुणी, ज्योतिष्मति गुणाः **)**

कङ्गुणी कटुतिक्तोष्णा कफजिच्च विरेचनी ।
मेधाकरी व्रणान् हन्ति पाण्डूदरविनाशनी ।।70।।
रक्तपित्तप्रशमनी विषदाहौ निहन्त्यपि ।71 ।

Black oil plant, climbing staff tree (kaṅguṇī, jyotiṣmati) is pungent, sharp, hot, mitigates kapha, purgative, promotes intellect, effective in wounds, anaemia, ascites, bleeding disorders or epistaxis, poison and burning sensation [70-71].

(59)
Chaste tree
(reṇuka guṇāḥ / रेणुक गुणाः **)**

रेणुका शिशिरात्यन्ततृष्णां कण्डूं च नाशयेत् ।72।

Chaste tree (reṇuka) is cold and is effective in aggravated polydipsia and pruritus [72].

(60)
False black pepper
(viḍaṅga guṇāḥ / विलङ्ग/विडङ्ग गुणाः **)**

विलङ्गानि कटूष्णानि हृद्रुजः कफमारुतान् ।
क्रिमीनरुचिमेदोऽग्निमान्द्यं च जयेत्परम् ।।73।।

False black pepper (viḍaṅga) is pungent, hot, and effective in relieving diseases of the heart, kapha, vāta, worm infestation, anorexia, obesity and diminished digestive fire [73].

(61)
Common sorel
(amlavetasa guṇāḥ / अम्लवेतस गुणाः **)**

कषायकटुरूक्ष्णोष्ण मम्लवेतसकं विदुः ।
तृट्कफानिलजं त्वर्शोहृद्विबन्धामगुल्मजित् ।।74।।

Common sorrel (amlavetasa) is astringent, pungent, dry, hot, useful in polydipsia, disorders due to kapha and vāta, haemorrhoids, cardialgia, vitiated āma and abdominal lump [74].

(62)
Coriander
(dhānyaka guṇāḥ / धान्यक गुणाः **)**

धान्यकं सर्वदोषघ्नं भेदनं ज्वरनाशनम्
अश्मरीशूलहृत्तिक्तं कषायं मधुरं हिमम् ।।75।।

Coriander (dhānyaka) alleviates all doṣa (vāta, pitta and kapha), breaks hard faeces and, aids purgation, and relieves pyrexia, lithiasis, colicky pain; it is bitter, astringent, sweet and cold [75].

(63)
Fresh coriander
(ārdrakustumburu guṇāḥ / आर्द्रकुस्तुम्बुरु गुणाः **)**

आर्द्रकुस्तुम्बुरुर्हृद्यगन्धो दीपनमूत्रलः ।76।

Fresh coriander (ārdrakustumburu) is good for the heart, has a pleasant aroma, kindles appetite and is a diuretic [76].

(64)
Muskrat root
(ṣaḍgrandhā/vacā guṇāḥ / षड्ग्रन्धा/वचा गुणाः **)**

षड्ग्रन्धा कटुका तिक्ता वातश्लेष्मज्वरापहा ।
कण्ठरोगान् क्रिमीन् हन्ति विबन्धाध्मानशूलजित् ।।77।।

Muskrat root (vaca) is bitter, effective in pyrexia caused by vitiated vāta and kapha, diseases of throat, worm infestation, constipation, abdominal distension and colicky pain [77].

(65)
White Ativisha
(śvetaprativiṣa guṇāḥ / श्वेतप्रतिविष गुणाः **)**

श्वेतप्रतिविषा तिक्ता कषाया ग्राहि दीपनी ।
वातश्लेश्महरा मेध्या च ग्रहण्यतिसारजित् ।।78।।

White ativisha (śvetaprativiṣa) is bitter, astringent, water absorbent, kindles digestion, alleviates vāta and kapha, promotes intellect, and is useful in disorders of the lower gastrointestinal tract and diarrhoea [78].

(66)
Black ativisa
(kṛṣṇaprativiṣa guṇāḥ / कृष्णप्रतिविष गुणाः **)**

तथा कृष्णा प्रतिविषा चामतीसारनाशनी ।79।

Black ativish (kṛṣṇaprativiṣa) has the same properties above: alleviates diarrhoea due to vitiated āma [79].

(67)
Mahaleb cherry
(priyaṅgu guṇāḥ / प्रियङ्गु गुणाः)

प्रियङ्गुः कफपित्तघ्नो कासवीसर्पिनाशनः ।80 ।

Mahaleb cherry (priyaṅgu) mitigates vitiated kapha, pitta, cough and acute spreading eruptions [80].

(68)
Flowers of fire flame bush
(dhātakīkusuma guṇāḥ / धातकीकुसुम गुणाः)

दीपनं पाचनं ग्राहि धातकी कुसुमं लघु ।81 ।

Flowers of fire flame bush (dhātaki) kindle appetite, improve digestion, are water absorbent and are easy to digest [81].

(69)
Mountain knot grass
(pāṣāṇabhedi guṇāḥ / पाषाणभेदि गुणाः)

पाषाणभेदी कृमिकृच्छ्रघाती नेत्रामयान् हन्त्यतिसारहारि ।82 ।

Mountain knot grass (pāshānabhedi) is effective in relieving worm infestation, dysuria, ophthalmic diseases and diarrhoea [82].

(70)
Karpoora Silajith
(śilājit guṇāḥ / शिलाजित् गुणाः)

शिलजितुस्सर्वार्तिनिर्हरोऽथऋच्छ्राभिघाते च हितो गुरुः स्यात् ।83 ।

Mummiiyo (shilajit) alleviates all types of diseases, useful in dysuria and injuries; hard to digest [83].

(71)
White turmeric, long zedoary
(kacchūra guṇāḥ / कच्छूर गुणाः)

सन्निपातज्वरहरा कटुतिक्तास्यशोधनी ।84 ।

White turmeric (long zedoary) alleviates fever caused by the vitiation of tridoṣa; it is pungent and bitter and clears the oral cavity [84].

(72)
Asafoetida
(hiṅgu guṇāḥ / हिङ्गु गुणाः)

हिङ्गुवातकफानाहशूलघ्नं पित्तकोपनम् ।
कटुपाकरसं रुच्यं दीपनं पाचनं लघु ।।85।।

Asafoetida effectively relieves diseases due to vāta, kapha, abdominal distension and colic; vitiates pitta, is pungent in taste and after digestion, imparts taste, kindles appetite, improves digestion and is easy to digest [85].

(73)
Common salt
(sāmudralavaṇa guṇāḥ / सामुद्रलवण गुणाः)

विपाके स्वादु सामुद्रं गुरुश्लेष्मविवर्धनम ।86 ।

Sea salt, common salt (sāmudram) is sweet after digestion, hard to digest, aggravates kapha [86].

(74)
Rock salt
(saindhavalavaṇa guṇāḥ / सैन्धवलवण गुणाः)

सैन्धवं शिशिरं स्निग्धं लघु स्वादु त्रिदोषजित् ।
हृद्यं हृन्नेत्ररोगघ्नं व्रणरोपणनाशनम् ।।87।।

Rock salt is cold, unctuous, easy to digest, sweet after digestion, alleviates tridoṣa, good for heart, useful in heart and eye diseases and aids healing wounds [87].

(75)
Crab's claw
(karkāṭakaśṛṅgi guṇāḥ / कर्काटकशृङ्गि गुणाः)

ऊर्ध्ववातहरा शृङ्गी कासश्वासनिवर्तनी ।88 ।

Crab's claw (karkāṭakaśṛṅgi) is effective in reverse peristalsis (obstruction of vāta in the intestines), alleviates tussis and difficulty in breathing [88].

(76)
The Himalayan birch
(bhūrjapatra guṇāḥ / भूर्जपत्र गुणाः)

भूर्जः पुण्यः कफहरो रक्षोघ्नो धूमकर्मणा ।89।

The Himalayan birch (bhūrjapatra) is virtuous, mitigates kapha, effectively prevents worms and evil spirits and gives protection if used as fumigation [89].

(77)
Moon beam
(nata guṇāḥ / नत गुणाः)

नतं कुष्ठहरं शीतं दाहतृष्णानिवर्तनम् ।90।

Moon beam (nata) alleviates skin ailments, is cold, relieves burning sensation and polydipsia[90].

(78)
Myrrh exudate
(bola guṇāḥ / बोल गुणाः)

बोलं सौगन्धिकं स्निग्धं नेत्रेष्वाश्च्योतने हितम् ।91।

Myrrh (bolam) has good fragrance, is unctuous, can be used effectively as eye-drops (Aschyotana) [91].

(79)
Lodh tree
(lodhra guṇāḥ / लोध्र गुणाः)

लोध्रं वातज्वरहरं सर्वनेत्ररुजापहम् ।92।

Lodh tree (lodhra) mitigates pyrexia caused by vāta and relieves all eye diseases [92].

(80)
Sapphire berry tree
(sābara lodhra guṇāḥ / शाबरलोध्र गुणाः)

शाबरं लोध्रकं चोष्णं चाश्चोतनहितं परम् ।93।

Sapphire berry tree or white variety of lodhra (sābara lodhra)is hot in nature and is effectively used as eye-drops [93].

(81)
Turkish sweetgum
(turuṣka guṇāḥ / तुरुष्क गुणाः)

तुरुष्कं स्वेददौर्गन्ध्य कफवातहरं परम् ।94।

Turkish sweet gum (turuṣka) removes foul odour of sweat, alleviates kapha and vāta [94].

(82)
Two types of tiger's foot plant
(nakhadvaya guṇāḥ / नखद्वय गुणाः)

विषकुष्ठक्रिमिहरं कटूष्णं च नखद्वयम ।95।

Two types of tiger's foot plant (vyaghranakham, nakhi) mitigate effects of poison, skin disease and worm infestation; they are pungent to taste and hot in potency [95].

(83)
Kurchi
(vatsaka guṇāḥ / वत्सक गुणाः)

वत्सकः कटुकस्तिक्त स्सर्वातीसारनाशनः ।96।

Kurchi (vatsaka, kuṭaja) is pungent, bitter and is effective in alleviating all types of Atisāra [96].

(84)
Bark of Kurchi tree
(vatsakatvak guṇāḥ / वत्सकत्वक् गुणाः)

वत्सकत्त्वक्तथा तिक्ता ग्रहण्यर्शोविकारनुत् ।97।

Bark of kurchi tree is bitter, alleviates all types of disorders of lower gastro intestinal tract and haemorrhoids [97].

(85)
Red Kamala, Kumkum tree
(kampillaka guṇāḥ / कम्पिल्लक गुणाः)

कम्पिल्लः कटुकस्तिक्तो वातश्लेष्मक्रिमिप्रणुत ।98।

Red kamala also known as kumkum tree (kampilla) is pungent, bitter, alleviates diseases of vāta, kapha and worm infestation [98].

(86)
Wild turmeric
(karpūragandharajanī guṇāḥ / कर्पूरगन्धरजनी गुणाः)

कर्पूरगन्धरजनी सर्वसौभाग्यदायिनी ।
उमा लक्ष्मी प्रिया ह्द्या सर्वराजवशङ्करी ।**99** ।
सर्वमेहहरा शीता वातव्याधिहरा शिवा ।**100** ।

Wild turmeric (karpūragandharajanī) has aroma similar to that of camphor, bestows all types of good fortune. It is dear to Goddess Parvathi and Lakṣmi, good for heart, aids subjugation of the kings (officers), alleviates all types of polyuria and diseases of vāta, is cold and auspicious [99-100].

(87)
Tailed pepper
(kaṅkola guṇāḥ / कङ्कोल गुणाः)

कङ्कोलं कफपित्तघ्नं मेहकुष्ठविनाशनम् ।**101** ।

Tailed pepper (kaṅkola) mitigates kapha, pitta, polyuria and skin ailments [101].

(88)
Red sandal
(kucandana guṇāḥ / कुचन्दन गुणाः)

शीतलं रक्तपित्तास्रं हन्त्येतत्कुचन्दनम् (तद्रक्तचन्दनम्) ।**102** ।

Red sandal is cold, alleviates epistaxis and diseases due to vitiated blood [102].

(89)
Ox-gall
(gorocana guṇāḥ / गोरोचन गुणाः)

शीतला रोचना तिक्ता भूतावेशविषापहा ।
सर्वदेवप्रिया वर्ण्या सर्वमङ्गलदायिनी ।।**103** ।।
स्मरणात्सर्वपापघ्नी सर्वलोकवशङ्करी ।
पित्तश्लेष्महरा पामाकुष्ठघ्नी कामलापहा ।।**104** ।।

Ox-gall, ox-bile (gorochana) is cold, imparts taste, is bitter, relieves diseases arising from possession by evil spirits, pathogenic microorganisms and poison; it is beloved by all God's/immortals, promotes good complexion, bestows all auspiciousness, removes all sin just by recollection/memorising, subjugates all the worlds, alleviates diseases of pitta, kapha, pāma (a type of skin disease), integumentary disease and jaundice [103-104].

(90)
Hill glory bower
(sthauṇeyaka guṇāḥ / स्थौणेयक गुणाः)

स्थौणेयकस्तिक्तकटुकः कुष्ठकण्डूविनाशनः ।**105** ।

Hill glory bower (sthauneyaka) is bitter and pungent, alleviates integumentary disease and pruritis [105].

(91)
Chanika
(caṇikā guṇāḥ / चणिका गुणाः)

चणिका तु दुर्गन्धिका वातकफकुष्ठ प्रणुत् ।**106** ।

Chanika has foul odour, alleviates vāta, kapha and integumentary disease[106]. Note: Acarya Priyavrataji has suggested Eragrostis tremla Hochst which is called in Punjab as "canakam buti" and used as fodder.

(92)
Lichens
(śaileyaka guṇāḥ / शैलेयक गुणाः)

शैलेयकं रक्तदोषपित्तकुष्ठक्रिमिप्रणुत् ।**107** ।

Lichens (śaileyaka) alleviates diseases due to vitiated blood, pitta, integumentary disease and worm infestation [107].

(93)
Lac
(lākṣā guṇāḥ / लाक्षा गुणाः)

स्निग्धा शोणितपित्तघ्नी लाक्षा सर्वज्वरापहा ।**108** ।

Lac (lākṣa) is unctuous, alleviates epistaxis and all types of pyrexia [108].

(94)
Himalayan wild cherry
(padmaka guṇāḥ / पद्मक गुणाः)

गर्भस्थैर्यकरं रक्तपित्तघ्नं पद्मकं हिमम् ।**109** ।

Himalayan wild cherry (padmaka) gives stability to the foetus, alleviates bleeding disorders and is cold [109].

(95)
Bee wax
(siktaka guṇāḥ / सिक्तक गुणाः)

भूतघ्नं भग्नसन्धानं सिक्थकं व्रनरोपणम् ।110।

Bee wax (siktaka) is effective in relieving sufferings of demons and evil spirits, aids union of fractured bones and heals ulcers [110].

(96)
Greater galangal
(rāsnā guṇāḥ / रास्ना गुणाः)

रास्ना वातहरा चोष्णा कफशोफोदरापहा ।
तिक्ता गुर्वी विषहरा पाचना रक्तवातजित् ।।111।।

Greater galangal (rāsnā) alleviates diseases of vāta, kapha, oedema, ascites, poison and blood vitiated by vāta; it is hot, bitter, improves digestion[111]. Note: Telugu term given to this plant in the manuscript is "Dumparāsna" hence the plant considered for it is "Alpinia galanga (L.) Willd."

(97)
Cumbi-gum tree
(samudrakāñcī guṇāḥ / समुद्रकाञ्ची गुणाः)

समुद्रकाञ्ची मेहघ्नी ग्राहिणी च कषायका ।112।

Cumbi-gum tree (samudrakāñcī) relieves polyuria, disorders of lower gastro intestinal tract and is astringent [112].

(98)
Kākoli
(kākolī guṇāḥ / काकोली गुणाः)

स्वादु दाहक्षयहरा काकोली कफशुक्रकृत् ।113।

Kākoli is sweet, alleviates burning sensation, tuberculosis, vitiates kapha, promotes semen production [113].

(99)
Kṣīra Kākoli
(kṣīrakākolikā guṇāḥ / क्षीरकाकोलिका गुणाः)

क्षीरकाकोलिका वृष्या हृद्रोगकफपित्तनुत् ।114।

Kṣīra kākoli is aphrodisiac, useful in diseases of heart, kapha and pitta [114].

(100)
Bitter Pointed gourd
(tiktapaṭola guṇāḥ / तिक्तपटोल गुणाः)

तिक्तं पटोलं कटुकमुष्णपित्तकफार्तिनुत् ।
कुष्ठकण्डूक्रिमिहरं दाहज्वरविनाशनम् ।।115।।

Bitter pointed gourd is bitter, pungent, hot, alleviates diseases of pitta and kapha, integumentary disease, pruritis, worm infestation, burning sensation and pyrexia [115].

(101)
Indian fine leaved fumitory
(parpaṭa guṇāḥ / पर्पट गुणाः)

पर्पटः कफपित्तघ्नः शीतलो रक्तदाहजित् ।
ग्लानिभ्रमहरो वृष्यस्तिक्तस्सर्वज्वरापहः ।।116।।

Indian fine leaved fumitory (parpaṭa) pacifies kapha and pitta, useful in diseases of vitiated blood, burning sensation, exhaustion, giddiness and all types of pyrexia; it is cold aphrodisiac and bitter[116].

(102)
Himalayan gentian
(trāyantī guṇāḥ / त्रायन्ती गुणाः)

त्रायन्ती व्रणहा तिक्ता शोफघ्नी क्रिमिनाशिनी ।
पित्तश्लेष्मज्वरहरा शोषतृण्मेहनाशिनी ।।117।।

Himalayan gentian (trāyanthi) is bitter, alleviates wounds, oedema, worm infestation, pyrexia induced by pitta and kapha, emaciation, polydipsia and polyuria [117].

(103)
Green chiretta, Kalmegh
(bhūnimba guṇāḥ / भूनिम्ब गुणाः)

भूनिम्बो रक्तपित्तासृक्कुष्ठमेहान् क्रिमीन् जयेत् ।118।

Green chiretta (bhūnimba) alleviates epistaxis, diseases due to vitiated blood, integumentary disease, polyuria and worm infestation [118].

(104)
Giloy
(amṛtā guṇāḥ / अमृता गुणाः)

अमृता सर्वदोषघ्नी रक्तपित्तप्रणाशिनी ।।**119**।।

Giloy alleviates all doṣa and relieves bleeding disorders [119].

(105)
Dhamasa
(durālābha guṇāḥ / दुरालभ गुणाः)

तिक्ता दुरालभा स्वादु दाहज्वरविनाशिनी ।**120**।

Dhamasa (durālabha) is bitter, sweet, alleviates burning sensation and pyrexia [120].

(106)
Adulsa
(vāsā guṇāḥ / वासा गुणाः)

वासा तृष्णास्रपित्तहृच्छ्वासकासहिध्मापहा ।**121**।

Adulsa, "malabar nut" alleviates polydipsia, epistaxis, difficulty in breathing, tussis and hiccough [121].

(107)
Amaltas, Indian laburnum
(āragvadha guṇāḥ / आरग्वध गुणाः)

आरग्वधो रसे तिक्तः क्रिमिकुष्ठप्रमेहनुत् ।**122**।

Indian laburnum (āragvadha) is bitter in taste, alleviates worm infestation, integumentary disease and diabetes [122].

(108)
Indian Jalap
(trivṛt guṇāḥ / त्रिवृत् गुणाः)

कषायमधुरा रूक्षा विपाके कटुका सरा ।
कफपित्तहरा शीता वातला मूत्रला त्रिवृत् ।।**123**।।

Indian Jalap, morning glory is astringent and sweet in taste, pungent after digestion, dry, cold, laxative, alleviates kapha and pitta, aggravates vāta and is diuretic [123].

(109)
Śyāma
(śyāmatrivṛt guṇāḥ / श्यामत्रिवृत् गुणाः)

तद्वच्छ्यामा कषायोष्णा भेदिनी दीपनी लघु ।**124**।

Śyāma (black variety of trivṛt) is astringent, hot, breaks hard faeces and aids purgation, kindles appetite and is easy to digest [124].

(110)
Wild castor
(dantī guṇāḥ / दन्ती गुणाः)

दन्ती तिक्तकषाया च भेदिनी चाममोचनी ।
शोफोदरहिता गुर्वी विपाके मधुरा च सा ।।**125**।।

Wild castor is bitter and astringent in taste, sweet after digestion, breaks hard faeces and aids purgation, alleviates āma, oedema, ascites and is hard to digest [125].

(111)
Wild castor seeds
(dantībīja evaṁ kṣudradantī guṇāḥ / दन्तीबीज एवं क्षुद्रदन्ती गुणाः)

निकुम्भबीजमुष्णं स्यात्पित्तलं त्वतिरेचनम् ।
क्षुद्रदन्तीकषायोष्णा कफवातहरा सरा ।।**126**।।

Seeds of wild castor seeds (dantī) are hot, vitiates pitta, induce excess purgation. Kṣudradantīanti (small variety of dantī) is astringent, hot, alleviates kapha and vāta and is laxative [126].

(112)
Purging croton
(nepāladantī guṇāḥ / नेपालदन्ती गुणाः)

नेपालदन्ती मूलं स्यात्पित्तलं चाति भेदनम् ।**127**।

Purging croton seeds vitiates pitta and causes excess purgation [127].

(113)
Purging croton seeds
(nepāladantībīja guṇāḥ / नेपालदन्तीबीज गुणाः)

तद्बीजं कटुकं तिक्तमुष्णं चातिविरेककृत् ।128।

Purging croton seeds are pungent and bitter, hot and cause excess purgation [128].

(114)
Blue pea
(dhenuśreṇi guṇāḥ / धेनुश्रेणि गुणाः)

धेनुश्रेणि तथाचोष्णा शोफोदरहरा सरा ।129।

Blue pea is hot, relieves oedema and ascites; is laxative [129].

(115)
Blue pea
(girikarṇi guṇāḥ / गिरिकर्णि गुणाः)

गिरिकर्णोसता तद्द्वेदिनी चोदरापहा

Black variety of blue pea (girikarṇi) plant is same as above, breaks hard faeces and aids purgation and is effective in ascites [130].

(116)
Indian spurge tree latex
(snūhīpaya guṇāḥ / स्नूहीपयो गुणाः)

ईषत्तद्गुणसम्युक्तं कटुपाकं स्नुहीपयः ।131।

Indian spurge tree latex has same afore said properties, is pungent after digestion [131].

(117)
Milk hedge
(śākhāsnūhīpaya guṇāḥ / शाखास्नूहीपयो गुणाः)

शाखास्नुहीपयस्सेव्यं सर्वक्रिमिगुदोत्थजित् ।132।

Intake of "milk hedge latex" (śākhāsnūhīpayas) removes all types of worm infestation and anal diseases (proctalgia) [132].

(118)
Madar, giant milk weed latex
(arkakṣīra guṇāḥ / अर्कक्षीर गुणाः)

कासश्वासहरं चार्कक्षीरं तीक्ष्णं विरेचनम् ।133।

Latex of "madar", "giant milk weed" (snuhi) alleviates cough, difficult breathing; is sharp and purgative [133].

(119)
True indigo
(nīlī guṇāḥ / नीली गुणाः)

नीली तिक्ता कटूष्णा च कुष्ठसर्वगदापहा ।134।

True indigo is bitter, pungent, hot, alleviates integumentary disease and all types of diseases [134].

(120)
Ritha, soap-nut
(sātalā guṇāḥ / सातला गुणाः)

भेदिनी सातला तिक्ता शोफप्लीहोदरापहा ।135।

Ritha, soap-nut (sātala) breaks hard faeces and aids purgation, is bitter, alleviates oedema, splenic diseases and ascites [135].

(121)
Madar, giant milk weed
(arka guṇāḥ / अर्क गुणाः)

अर्कोवातहरस्तिक्तो भेदनः कुष्ठकण्डूजित् ।136।

Madar, giant milk weed latex alleviates vāta, is bitter, breaks hard faeces and aids purgation, relieves skin diseases and pruritus [136].

(122)
Indian spurge tree
(snūhīpayo guṇāḥ / स्नूहीपयो गुणाः)

तद्वत्स्नुही कटुस्तिक्ता क्रिमिशोफोदरापहा ।137।

Indian spurge tree (snuhī) has similar above-mentioned properties, is pungent, bitter, alleviates worm infestation, oedema and ascites [137].

(123)
Trellis-vine
(kurūṭakā guṇāḥ / कुरूटका गुणाः)

व्रणघ्नी दीपनी शोफनाशनी च कुरूटका ।138।

Trellis-vine (kurūṭakā) aids healing ulcers, kindles appetite and alleviates oedema [138].

(124)
Trellis-vine latex
(kurūṭakapaya guṇāḥ / कुरूटकपय गुणाः)

कुरूटकपयस्तिक्तमत्युष्णं क्रिमिजित्सरम् ।139 ।

Trellis-vine latex is bitter, extremely hot in nature and alleviates worm infestation [139].

(125)
Rosary pea, Indian liquorice
(guñjā guṇāḥ / गुञ्जा गुणाः)

गुञ्जा समूलं मेहघ्नं श्वासकासहरं सरम् ।140 ।

The whole climber of Rosary pea, Indian liquorice along with root is effective in polyuria, difficult breathing and tussis; is laxative [140].

(126)
White seed variety of Rosary pea, Indian liquorice
(śvetaguñjā guṇāḥ / श्वेतगुञ्जा गुणाः)

श्वेतगुञ्जा समूलं तु सर्वमेहविनाशनम् ।141 ।

Whole plant of rosary pea (white seed variety) (śvetaguñjā) along with its root alleviates all types of polyuria [141].

(127)
Red seed variety of Rosary pea, Indian liquorice
(raktaguñjā guṇāḥ / रक्तगुञ्जा गुणाः)

रक्तगुञ्जा च तद्वत्स्याद्रसकरमणि शस्यते ।142 ।

Red seed variety of rosary pea, Indian liquorice is similar to above, effective in processing mercurial and other metallic preparations [142].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

तिक्ता गुरूष्णा गुञ्जा स्याच्छ्लेष्मातीसार नाशनी ।
दीपनी पाचनी सर्वहृद्रोगकरणे हिता ।।143।।

Gunja is bitter, hard to digest, hot, alleviates diseases of kapha, diarrhoea, kindles appetite, improves digestion and is effective in all heart diseases [143].

(128)
Canal grass
(kattṛṇa guṇāḥ / कत्तृण गुणाः)

कत्तृणं वातहृच्छूल कासश्वासनिबर्हणम् ।144 ।

Canal grass (kattṛṇa) pacifies vāta, abdominal colic, tussis and difficult breathing [144].

(129)
Indian kudzu
(vidārī guṇāḥ / विदारी गुणाः)

स्निग्धा वातहरा बल्या वृष्या पुष्टिकरा हिमा ।
स्वादुर्गुरुश्च पित्तास्रं विदारी हन्ति दाहजित् ।।145।।

Indian kudzu is unctuous, alleviates vāta, imparts strength, acts as an aphrodisiac, promotes nourishment, cold, sweet, hard to digest, relieves epistaxis and burning sensation [145].

(130)
Milk Yam
(kṣīravidārī guṇāḥ / क्षीरविदारी गुणाः)

वृष्या क्षीरविदारी स्याच्छीतवीर्याति मूत्रला ।146 ।

Milk yam (kṣīravidārī) is aphrodisiac, cold in potency and is highly diuretic [146].

(131)
Ashvagandhā
(aśvagandha guṇāḥ / अश्वन्धा गुणाः)

कषायतिक्ता वातघ्नी व्रणतापहरा मता ।
वृष्याश्वगन्धा बलदा बृंहणी चास्रपित्तहा ।।147।।

Ashvagandha, Indian ginseng is astringent, bitter, mitigates vāta, relieves burning sensation of ulcers, acts as aphrodisiac, imparts strength and nourishment (weight gain) and is useful in bleeding disorders [147].

(132)
Five Major Roots
(mahatpañcamūla guṇāḥ / महत्पञ्चमूल गुणाः)

बिल्वकाश्मर्य तक्कारी पाटलीटुण्टुकैर्बृहत् ।
जयेत्कषायं तिक्तोष्णं पञ्चमूलं कफानिलान् ।।148।।

Roots of five trees- bilva, kāśmarya, takkāri, pātalī and tunṭuka are known as bruhat-pañcamūla. They are astringent, bitter, hot and alleviate kapha and vāta [148].

(133)
Padal
(pāṭalā guṇāḥ / पाटला गुणाः)

पाटला कफवातघ्नी वश्या सर्वविषापहा ।149।

Padal alleviates kapha and vāta, aids subjugation and is antidote to all types of poison [149].

(134)
Indian Bael
(bilva guṇāḥ / बिल्व गुणाः)

बिल्वं कफानिलहरं छर्द्यतीसारनाशनम् ।150।

Indian bael alleviates kapha, vāta, vomiting and diarrhoea [150].

(135)
Candahar tree, White Teak
(kāśmarī guṇāḥ / काश्मरी गुणाः)

काश्मरी वातमेहातिसारश्लेष्मगुदोत्थजित् ।।151।।

Candhar tree or white teak (kāśmarī) alleviates disease of vāta and kapha, polyuria, diarrhoea and proctalgia [151].

(136)
Agnimantha
(agnimantha guṇāḥ / अग्निमन्थ गुणाः)

अग्निमन्थोऽनिलहरो दीपनो रोचनस्सरः ।152।

Agnimantha, mitigates vāta, kindles appetite, imparts taste and is laxative [152].

(137)
Indian trumpet tree
(tuṇḍuka guṇāḥ / तुण्डुक गुणाः)

वस्तिरोगहरस्तिक्तस्तुण्डुकः कफवातजित् ।153।

Indian trumpet tree (tuṇḍuka, śyonāka) is bitter, alleviates cystalgia, pacifies kapha and vāta [153].

(138)
African eggplant
(siṁhikā guṇāḥ / सिंहिका गुणाः)

सिंहिका कफवातघ्नी शूलज्वरहरा सरा ।154।

African eggplant (siṁhika) alleviates kapha, vāta, abdominal colic, pyrexia and is laxative [154].

(139)
Yellow-berried nightshade
(kaṇṭakārī guṇāḥ / कण्टकारी गुणाः)

तिक्तोष्णा श्वासकासघ्नी कण्टकार्यग्निदीपनी ।155।

Yellow-berried night shade is bitter, hot, relieves difficult breathing, cough and ignites digestive fire [155].

(140)
Dabra
(pṛśniparṇī guṇāḥ / पृश्निपर्णी गुणाः)

पृश्निपर्णी स्वादुरसा श्वसकासत्रिदोषजित् ।156।

Dabra (pṛśniparṇī) is sweet in taste, alleviates difficulty in breathing, cough and three doṣa [156].

(141)
Shal Leafed Bush
(śāliparṇī guṇāḥ / शालिपर्णी गुणाः)

शालपर्णी तिक्तरसा विषमज्वरनाशनी ।157।

Shal leafed bush (sālaparni) is bitter in taste, relieves intermittent pyrexia [157].

(142)
Puncture vine
(śvadaṁṣṭrā guṇāḥ / श्वदंष्ट्रा गुणाः)

श्वदंष्ट्रा कफवातघ्नी शूलकृच्छ्राश्मरीप्रणुत् ।
ह्रस्वं बृहत्यंशुमतीद्वयगोक्षुरकैः स्मृतम् ।।158।।
स्वादुपाकरसा नातिशितोष्णा सर्वदोषजित् ।159।

Puncture vine roots alleviate kapha, vāta, colicky pain, dysuria, lithiasis; sweet in taste and after digestion, neither extremely cold nor hot, alleviates all doṣa[158-159].

Note: Bruhatīdvaya, amśumatīdvaya and gokṣura are known as hrasva-pañcamūla

(143)
Country mallow
(balā guṇāḥ / बला गुणाः)

बला स्निग्धा हिमा स्वादु वृष्या बल्या त्रिदोषजित् ।
रक्तपित्तक्षयं चापि निहन्त्योजो वर्धयत्यपि ।।**160**।।

Country mallow is unctuous, cold, sweet, aphrodisiac, strengthening, mitigates three doṣa, relieves epistaxis, promotes development of ojas [160].

(144)
Spreading hogweed
(punarnavaśiphā guṇāḥ / पुनर्नवशिफा गुणाः)

पुनर्नवशिफात्युष्णा शोफवातकफापहा ।**161**।

Spreading hog weed root (punarnavaśiphā) is hot, alleviates oedema, vāta and kapha[161].

(145)
Castor
(eraṇḍa guṇāḥ / एरण्ड गुणाः)

एरण्डोऽपि सरः स्निग्धो गुरूष्णानिलनाशनः ।
गुल्माष्ठीलमुदावर्तं वस्तिशूलं च वृद्धिनुत् ।।**162**।।

Castor is laxative, unctuous, hard to digest, hot, pacifies vāta, abdominal lump, prostatic enlargement, obstipation, bladder pain, hernia, and hydrocoele [162].

(146)
Ranmoong
(mudgaparṇī guṇāḥ / मुद्गपर्णी गुणाः)

मुद्गपर्णी महास्वादु रक्तपित्तविनाशनी ।
पित्तदाहज्वरं हन्ति क्रिमिघ्नी कफशुक्रकृत् ।।**163**।।

Roots of ranmoong (mudgaparṇī)are extremely sweet, alleviates epistaxis, diseases due to pitta, burning sensation, pyrexia and worm infestation, aggravates kapha and promote semen formation [163].

(147)
Horse vine
(māṣaparṇī guṇāḥ / माषपर्णी गुणाः)

माषपर्णी रसे स्वादु शीतला रक्तपित्तजित् ।
कफशुक्रकरं हन्ति क्षयदाहज्वरानिलान् ।।**164**।।

Horse vine root is sweet in taste, cold, alleviates epistaxis, aggravates kapha, promotes semen formation, relieves tuberculosis, burning sensation, pyrexia and diseases of vāta [164].

(148)
Madhyama-Pañcamūla
(madhyamapañcamūla guṇāḥ / मध्यमपञ्चमूल गुणाः)

बलापुनर्नवैरण्डशूर्पपर्णीद्वयेनच ।
मध्यमं कफवातघ्नं नातिपित्तकरं सरम् ।।**165**।।

Balā, punarṇavā, eraṇḍa, śūrpaparṇīdvaya are known as madhyama-pañcamūla. They alleviate kapha and vāta, does not aggravate pitta and are laxative [165].

जीवनपञ्चमूलगुणाः

Life promoting pentad Jīvana-Pañcamūla
2

(149)
Asparagus roots
(śatāvarī guṇāḥ / शतावरी गुणाः)

वातपित्तहरा वृष्या स्वादुशीता शतावरी ।**166**।

Asparagus roots (śatāvarī) mitigates vāta and pitta, acts as an aphrodisiac, sweet, cold [166].

(150)
Jīvanthi
(jīvantī guṇāḥ / जीवन्ती गुणाः)

चक्षुष्या सर्वदोषघ्नी जीवन्ती मधुरा हिमा ।**167**।

Jīvanthi is good for eyes, pacifies all doṣa, is sweet and cold [167].

(151)
Kākoli
(kākolī guṇāḥ / काकोली गुणाः)

काकोली स्वादुशीता च वातपित्तज्वरापहा ।
दाहघ्नी क्षयहन्त्री च श्लेष्मशुक्रविवर्धिनी ।।168।।

Kākoli is sweet, cold, mitigates vāta and pitta, pyrexia, burning sensation, tuberculosis, increases kapha, promotes semen production [168].

(152)
Jīvaka
(jīvaka guṇāḥ / जीवक गुणाः)

जीवको मधुरश्शीतो (स्निग्धो) वातपित्तहरो गुरुः ।169।

Jīvaka is sweet, cold (unctuous), mitigates vāta and pitta, hard to digest[169].

(153)
Rushabaka
(ṛṣabhaka guṇāḥ / ऋषभक गुणाः)

ऋषभश्शिरसः स्वादू रक्तपित्तसमीरहा ।
क्षयदाहज्वरहरः श्लेष्मशुक्रविवर्धनः ।।170।।

Ṛṣabhaka is sweet in taste, relieves epistaxis, vāta, tuberculosis, burning sensation and pyrexia, increases kapha and promotes semen formation [170].

(154)
Life promoting pentad
(jīvanapañcamūla guṇāḥ / जीवनपञ्चमूलगुणाः)

अभीरुवीरा जीवन्ती जीव कर्षभकं स्मृतम् ।
जीवनाख्यं तु चक्षुष्यं वृष्यं पित्तानिलापहम् ।।171।।

Abhīru, vīrā, jīvanthi, jīvaka, ṛṣabhaka are known as jīvana-pañcamūla. These are good for eyes, have aphrodisiac properties, alleviate pitta and vāta [171].

(155)
Sacrificial grass
(darbha guṇāḥ / दर्भ गुणाः)

ऋषिभिः पूजितो दर्भः पवित्रः पापनाशनः ।
वातश्लेष्महरः किञ्चित्स्तन्यमूत्रविरेककृत् ।।172।।

Sacrificial grass (darbha) is worshipped by Maharishi's, it is auspicious and destroys all sins, alleviates vāta and kapha; promotes production of breast milk, is diuretic and purgative [172].

(156)
Wild cane grass
(kāśa guṇāḥ / काश गुणाः)

काशस्तिक्तः कषायः स्यात् व्रणशोफार्दितापहा ।
कण्ठ्यः स्तन्योपजननः श्रमघ्नः शुक्रवर्धनः ।।173।।

Wild cane grass (kāśa) is bitter, astringent, relieves wounds, oedema, facial paralysis; good for throat, enhances breast milk production, removes physical exhaustion and improves semen production [173].

(*)
kāśa
(kāśa / काश)

(काकिचेरुकु ते.) .....असंपूर्णं ।174।

Qualities are same as described for wild cane grass (kāśa) viz. bitter, astringent, relieves wounds, oedema, facial paralysis; good for throat, enhances breast milk production, removes physical exhaustion and improves semen production[174]. Note: Shloka not mentioned

(157)
Paddy, Rice grass
(śāliya guṇāḥ / शालिय गुणाः)

शालयः स्तन्य जनना देशे मान्या उदाहृता ।
तृणाख्यं पित्तजिद्दर्भकाशेक्षुशरशालिभिः ।।175।।

All these which belong to the sāli family (Poaceae) aids breast-milk production, earns respect in the society. darbha, kāśa, ikṣu, śara and śāli belong to grass family, they mitigate pitta [175].

(158)
Tree of heaven
(kaṭvaṅga guṇāḥ / कट्वङ्ग गुणाः)

कट्वङ्गस्तिक्तकटुको मेहातीसारजन्तुजित् ।176।

Tree of heaven (kaṭvaṅga) is bitter, pungent, alleviates polyuria, diarrhoea and worm infestation [176].

(159)
Tanner's Cassia
(ākulī guṇāḥ / आकुली गुणाः)

आकुली कफपित्तघ्नी सर्वमेहविनाशिनी ।।177।।

Tanner's cassia (ākulī) mitigates kapha and pitta, effective in all types of polyuria [177].

(160)
Five parts of Tanner's Cassia
(ākulīpañcaka guṇāḥ / आकुलीपञ्चक गुणाः)

आकुली पञ्चकं शीतं कफमेहविनाशनम् ।178।

Five parts of tanner's cassia (ākulī) viz., stem, leaves, pods, roots and flowers produce cold tendency, relieve kapha and polyuria [178].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

मूलं मेहरिपुर्दलं क्रिमिहरं सर्वप्रमेहापहम् ।
तृष्णाघ्नं सकषायमक्षिहितकृत्त्वक्चेतरं दुर्जरम् ।।179।।
तत्पुष्पं सहसा प्रमेहहरणं स्वर्णस्य वर्णप्रदम् ।
तद्बीजं मधुमेहजिद्विषहरं रक्तातिसारप्रणूत् ।।180।।

Roots of ākulī are useful in polyuria, leaves in worm infestation, all parts relieve polyuria, polydipsia, astringent in taste and good for eyes. All other parts except bark takes long time to digest. Flowers alleviate diabetes, promotes good complexion similar to gold. Seeds are effective in diabetes mellitus, poison and diarrhoea due to vitiated blood [179-180].

(161)
Peacock flower
(mahākulī guṇāḥ / महाकुली गुणाः)

महाकुली हिमा तिक्ता शोफमेहविषापहा ।181।

Peacock flower (mahākulī) is cold, bitter, useful in oedema, polyuria and poison [181].

(162)
Senna leaf
(dharākulī guṇāḥ / धराकुली गुणाः)

धराकुली दद्रुकण्डूक्रिमीन् हन्त्यतिभेदिनी ।182।

Senna leaf (dharākulī) relieves urticaria, pruritis, worm infestation and is extremely purgative [182].

(*)
Variation of text in another manuscript
(granthāntare / ग्रन्थान्तरे)

अमरी तिक्तकटुका तीक्ष्णोष्णा श्लेष्मनाशनी ।
वातघ्नी दीपनी कुष्ठमेहज्वरहरा सरा ।।183।।

Amarī is bitter, pungent, sharp, hot, pacifies kapha and vāta, kindles appetite, relieves integumentary disease, polyuria, pyrexia and is laxative [183].

(163)
Indian bowstring heamp
(mūrvā guṇāḥ / मूर्वा गुणाः)

मूर्वाग्निदीपनी तिक्ता गुल्मोदरविनाशनी ।184।

Indian bowstring heamp (murvā) ignites digestive fire, is bitter, alleviates abdominal lump and ascites[184]. Note: Term "chānga (Telugu) stands for Sansevieria roxburghiana Schult. & Schult. F. (Family: Asparagaceae), commonly known as Indian bowstring heamp, Whereas "Murvā (Sanskrit) indicates rajmahal creeper Marsdenia tenacissima

(164)
Black cutch tree extract
(khadira guṇāḥ / खदिर गुणाः)

कुष्ठक्रिमिहरस्तिक्तः खदिरो दन्तरोगजित् ।185।

Cutch tree extract (Khadira) is bitter; relieves skin disease, worm infestation and tooth disorders [185].

(165)
White cutch tree extract
(śvetakhadira guṇāḥ / श्वेतखदिर गुणाः)

श्वेतस्तु खदिरश्शीतः पित्तकुष्ठ विषापहः ।186।

White cutch tree extract variety of khadira is cold, alleviates pitta, skin ailments and poison [186].

(166)
Alāy shrub
(kudara guṇāḥ / कुदर गुणाः)

कुदरः कुष्ठजन्तुघ्नः पित्तकासप्रमेहनुत् ।**187** ।

Kudara is useful in integumentary disease, worm infestation, disease of pitta, cough and diabetes[187]. Undra (Telugu)=Vacchula (Sanskrit)

(167)
Twisted Acacia
(khadiravallī guṇāḥ / खदिरवल्ली गुणाः)

तिक्ता खदिरवल्ली स्यान्मेहकासक्रिमीन् जयेत् ।**188** ।

Twisted acacia (khadiravallī) is bitter, alleviates polyuria, cough and worm infestation [188].

(168)
Coomb tree
(śrīparṇī, gambhari guṇāḥ / श्रीपर्णी गुणाः)

श्रीपर्णी दाहतृष्णार्तिज्वरपित्तविषान् जयेत् ।**189** ।

Coomb tree (śrīparṇī, gambhari) is effective in burning sensation, polydipsia, pyrexia, pitta disorders and poison [189].

(169)
White padal
(śvetapāṭalā guṇāḥ / श्वेतपाटला गुणाः)

कफवातप्रशमनी तद्वृणा श्वेतपाटला ।**190** ।

White padal (śvetapāṭalā) pacifies kapha and vāta and has properties similar to that of Pātalā [190].

(170)
Indian hemp
(gāndhāri guṇāḥ / गान्धारि गुणाः)

गान्धारि कफवातघ्नी स्वादुतिक्तकषायका ।
दीपनी गुल्मशूलघ्नी चित्तविभ्रमकारिणी ।।**191** ।।

Indian hemp (gāndhārī) alleviates kapha and vāta, is sweet, bitter and astringent, kindles appetite, relieves abdominal lump and colicky pain, induces misapprehension[191]. Note: The term gañjāyi (Telugu) stands for Cannabis indica L., Vijaya, Indian Hemp

(171)
Niruri
(bhūdhātrī guṇāḥ / भूधात्री गुणाः)

किञ्चित्तिक्तकषाया च भूधात्री मेहनाशनी ।**192** ।

Niruri (Bhoodhātrī) is slightly bitter, astringent and pacifies polyuria [192].

(172)
Coomb tree
(śrīparṇī, gambhari guṇāḥ / श्रीपर्णी गुणाः)

गुरूष्णा रसे तिक्ता श्रीपर्णी ज्वरनाशनी ।**193** ।

Coomb tree (śrīparṇī, gambhari) is hard to digest, bitter in taste and alleviates pyrexia [193].

(173)
Indian sarsaparilla
(kṛṣṇavallī guṇāḥ / कृष्णवल्ली गुणाः)

कृष्णवल्ली हिमा स्निग्धा शीतासृक्पित्तनाशनी ।**194** ।

Indian sarsaparilla (kṛṣṇavallī, sāriva) is cool in touch, cold in potency, unctuous, relieves epistaxis [194].

(174)
Bavchi, Bakuchi
(bākucī guṇāḥ / बाकुची गुणाः)

वाकुची क्रिमिकुष्ठघ्नी दीपनी कफवातजित् ।**195** ।

Bavchi (bākucī) alleviates worm infestation, integumentary disease, disorders of kapha and vāta; kindles appetite [195].

(175)
Emetic nut
(madana guṇāḥ / मदन गुणाः)

मदनः कफवातघ्नः कासघ्नो वमिकृत्सरः ।**196** ।

Emetic nut (madanaphala) alleviates kapha, vāta and cough; induce vomiting and is laxative [196].

(176)
Bitter gourd
(ikṣvāku guṇāḥ / इक्ष्वाकु गुणाः)

इक्ष्वाकुर्वमिकस्स्निग्धः कासश्वासनिबर्हणः ।197।

Bitter gourd (Ikṣvāku) triggers vomiting, is unctuous, useful in cough and difficult breathing [197].

(177)
Bitter sponge gourd
(devadālī guṇāḥ / देवदाली गुणाः)

देवदाली तु कटुका सतिक्ता वमिकृत्सरा ।198।

Bitter sponge gourd (devadāli) is pungent, bitter, stimulates vomiting and is laxative [198].

(178)
Blue rattlepod
(śaṇapuṣpa guṇāḥ / शणपुष्प गुणाः)

गर्भविभ्रंशकरणं वमिकृच्छ्णपुष्पकम् ।199।

Blue rattlepod (śaṇapuṣpa) is abortifacient, induces vomiting [199].

(179)
Sage leaved Alangium
(aṅkola guṇāḥ / अङ्कोल गुणाः)

अङ्कोलः कटुस्तिक्तकः कुर्कुराखुविषपहा ।200।

Sage leaved alangium is pungent, bitter and is antidote for rat poison [200].

(180)
Prickly chaff
(pratyakpuṣpī, apāmārga guṇāḥ / प्रत्यक्पुष्पी गुणाः)

कफघ्नी कटुतिक्तोष्णा प्रत्यक्पुष्पी विरेचनी ।201।

Prickly chaff is pungent, bitter in taste, hot in potency and purgative [201].

(181)
Indian coral tree
(vārijam, pāribhadra guṇāḥ / वारिज गुणाः)

प्लीहघ्नः कफवातघ्नः कण्ठ्यो रुच्यश्च पाचनः ।202।

Indian coral tree (vārijam) pacifies diseases of spleen, kapha and vāta, good for throat, imparts taste and improves digestion [202].

(182)
Flame of the forest
(palāśa guṇāḥ / पलाश गुणाः)

पलाशः कटुकस्तिक्तस्स्सक्षारो गुल्मशूलनुत् ।203।

Flame of the forest (palāśa) is pungent and bitter; it's astringent nature alleviates abdominal lump and colicky pain [203].

(183)
Flame of the forest seeds
(palāśabīja guṇāḥ / पलाशबीज गुणाः)

पलाशभीजं तद्वच्च क्रिमिशूलविनाशनम् ।204।

Seeds of the "flame of the forest" have same above properties, relieves worm infestation and colicky pain. [204].

(184)
Indian banyan
(vaṭa guṇāḥ / वट गुणाः)

वटः कषायश्शीतश्च व्रणदाहविसर्पजित् ।205।

Indian banyan is astringent, cold, effective in wounds, burning sensation and acute spreading eruptions [205].

(185)
Indian banyan tree latex
(vaṭakṣīra guṇāḥ / वटक्षीर गुणाः)

वटक्षीरं जन्तुहरं पिच्छिलं बद्धविद्वरम् ।206।

Milky white sap, latex of Indian banyan tree removes worm infestation; is slimy and cause constipation [206].

(186)
Sacred fig tree
(pippala guṇāḥ / पिप्पल गुणाः)

कषायशीतलस्तिक्तः पिप्पलो व्रणनाशनः ।207।

Sacred fig tree is astringent, cold, bitter and alleviates wounds [207].

(187)
Cluster fig tree
(udumbara guṇāḥ / उदुम्बर गुणाः)

उदुम्बरो हिमश्शीतस्तृष्णा दाहविषापहः ।208।

Cluster fig tree is cool in touch and cold in potency, relieves polydipsia, burning sensation and poison [208].

(188)
White fig
(plakṣa guṇāḥ / प्लक्ष गुणाः)

प्लक्षः कषायस्तिक्तश्च (श्शीतश्च) ग्राही शोफ व्रणापहः ।209।

White fig (plakṣa) is astringent, bitter, water absorbent, relieves oedema and wounds [209].

(189)
Indian black berry
(jambū guṇāḥ / जम्बू गुणाः)

जम्बूः कषायमधुरा शीतला व्रणरोपणी ।210।

Indian black berry is astringent, sweet, cold and heals wounds or ulcers [210].

(190)
Bark of five trees
(pañcatvak guṇāḥ / पञ्चत्वक् गुणाः)

एताः पञ्चत्वचः प्रोक्ताः व्रणवीसर्पशोफघ्न्यः ।211।

The bark of above five trees (pañcatvak) heal ulcers, acute spreading eruptions and oedema [211].

(191)
Mango
(cūta guṇāḥ / चूत गुणाः)

चूतः कषायमधुरो हन्ति सर्वप्रवाहिकान् ।212।

Mango is astringent, sweet, relieves all types of diarrhoea [212]

(192)
Marking nut tree
(aruṣkara guṇāḥ / अरुष्कर गुणाः)

अरुष्करोऽग्निसदृशः शोफकृत्क्रिमिनाशनः ।213।

Marking nut tree (ārushkara) is similar to fire in properties, causes oedema, removes worm infestation [213].

(193)
Wild Moringa
(araṇyaśigru guṇāḥ / अरण्यशिग्रु गुणाः)

अरण्यशिग्रुरुष्णं च गुल्मशूलानिलापहम् ।214।

Wild Moringa (araṇyaśigru) is hot, effective in abdominal lump, colicky pain and diseases caused by vāta [214].

(194)
Indian mallow
(atibalā guṇāḥ / अतिबला गुणाः)

कफवातहरा अतिबला शीतज्वरापहा ।215।

Indian mallow mitigates kapha and vāta, relieves fever with chills [215].

(195)
Snake mallow
(nāgabalā guṇāḥ / नागबला गुणाः)

वातश्लेष्महरा स्वादु तिक्ता नागबला हिमा ।216।

Snake mallow alleviates kapha and vāta, is sweet, bitter and cold [216].

(196)
Love vine
(anantā, prācitīga(Telugu) guṇāḥ / अनन्ता, प्राचितीग गुणाः)

अनन्ता रक्तपित्तघ्नी हिमा नेत्रामयापहा ।217।

Ananta is cold, mitigates epistaxis and ophthalmic diseases[217]. Note: prācitīga/pācitīga (Telugu) stands for "love vine", Cassytha filiformis L., whereas in regular sense term Ananta(Telugu) stands for Hemidesmus indicus.

(197)
Arjun tree
(pārtha guṇāḥ / पार्थ गुणाः)

भग्ने स्तम्भे रक्तदोषे प्रशस्तः पार्थपादपः ।218।

Arjun tree aids unification of fractured bones, useful in stiffness/rigidity and in diseases due to vitiated blood [218].

(198)
Porcupine flower plant
(sthairyaka guṇāḥ / स्थैर्यक गुणाः)

कफवातहरः स्निग्धः स्थैर्यकः स्वादुतिक्तकः ।219 ।

Porcupine flower plant alleviates kapha and vāta, is unctuous, sweet and bitter [219].

(199)
False daisy
(bhṛṅgarāja guṇāḥ / भृङ्गराज गुणाः)

कासश्वासहरः केश्यो भृङ्गराजो रसायनः ।220 ।

Dalse daisy (bhṛṅgarāja) mitigates cough and difficulty in breathing, promotes hair growth and aids rejuvenation [220].

(200)
Indian heliotrope
(vṛścikālī guṇāḥ / वृश्चिकाली गुणाः)

कासश्वासविषान् शोफं वृश्चिकाली विनाशयेत् ।221 ।

Indian heliotrope is useful in relieving cough, difficult breathing, poison and oedema [221].

(2-1)
Pomegranate
(dāḍima guṇāḥ / दाडिम गुणाः)

दीपनीयं रुचिकरं स्वाद्वम्लं ग्राहि दाडिमम् ।222 ।

Pomegranate kindles appetite, improves taste, is sweet, sour and water absorbent (induce constipation) [222].

(202)
Wild grape vine
((P)ānīyavallī guṇāḥ / आनीयवल्ली गुणाः)

आनीयवल्ली च सिता पित्तग्रहणिकापहा ।223 ।

Wild grape vine [(P)ānīyavallī] is white, alleviates disorders due to pitta and of lower gastro intestinal tract [223].

(203)
Mug wort
(mācikā guṇāḥ / माचिका गुणाः)

माचिका च सुगन्धी स्यात्कटुतिक्ता कफापहा ।
चातुर्थिकं त्रिरात्रं वा सेवनान्नाशयेन्न्यहा ।।224।।

Mug wort (māchikā) has good aroma, is pungent and bitter, pacifies kapha. It relieves intermittent fevers viz., quotidian and tertian when consumed for three nights [224].

(204)
Indian birth wort
(rudrajaṭā guṇāḥ / रुद्रजटा गुणाः)

तिक्ता रुद्रजटा हृद्या गन्धतीक्ष्णास्रवातहृत् ।225 ।

Indian birth wort (rudrajaṭā) is bitter, pleasing to heart, has strong aroma, relieves rheumatism due to vitiated blood [225].

(205)
Black Arjuna tree
(kṛṣṇārjuna guṇāḥ / कृष्णार्जुन गुणाः)

कृष्णार्जुनस्तूग्रगन्धा कण्डूकुष्ठविनाशनः ।226 ।

Black arjuna is strong scented, mitigates pruritis and integumentary diseases [226]. Note: Kṛṣṇaguru (Telugu) is attributed to Toddalia bilocularis W. & A., whereas the shloka mentions the term "kṛṣṇārjuna" may be indicating "nallamaddi (Telugu)-Terminalia alata Heyne Ex Roth.

(206)
Holy basil
(tulasī guṇāḥ / तुलसी गुणाः)

तुलसी कटुका तिक्ता कण्डूकुष्ठविनाशनी ।227 ।

Holy basil (tulasī) is pungent, bitter, heals pruritis and skin ailments [227].

(207)
Black variety of holy basil
(kṛṣṇatulasī guṇāḥ / कृष्णतुलसी गुणाः)

सर्वदोषहरा कृष्णतुलसी विष्णुवल्लभा ।228 ।

Black variety of holy basil is beloved of bhagavanVishnu; removes all doṣa/sins [228].

(208)
Wild basil
(araṇyatulasī guṇāḥ / अरण्यतुलसी गुणाः **)**

आरण्यतुलसी चोष्णा पित्तज्वरविनाशनी ।229।

Wild basil is hot, relieves pyrexia due to vitiated pitta [229].

(209)
Sweet basil
(arjaka guṇāḥ / अर्जक गुणाः **)**

उग्रगन्धार्जरा (र्जुका) तिक्ता कटुका ग्रहणीप्रणुत् ।230।

Sweet basil has strong smell, is bitter, pungent and effective in diseases of lower gastro intestinal tract [230].

(210)
Shoe flower
(japā guṇāḥ / जपा गुणाः **)**

रक्तपित्तप्रशमनी जपा गुदव्रणे हिता ।231।

Shoe flower (japā) mitigates epistaxis and effective in treatment of anal ulcers/syphilis [231].

(211)
Indian olibanum
(sallakī guṇāḥ / सल्लकी गुणाः **)**

सल्लकी कफपित्तघ्नी कुष्ठशोथविषापहा ।232।

Indian olibanum (sallakī) mitigates kapha, pitta, skin ailments, oedema and poison [232].

(212)
Thorn apple
(dattūra guṇāḥ / दत्तूर गुणाः **)**

दुष्टकण्डूव्रणहरो दत्तूरः कान्तिकृत्सरः ।234।

Thorn apple is useful in chronic pruritis and ulcers; imparts complexion and is laxative [234].

(213)
Thorn apple seeds
(dattūrabīja guṇāḥ / दत्तूरबीज गुणाः **)**

तद्बीजभक्षणाच्छर्दिरुन्मादो जायेते ध्रुवम् ।235।

Consuming seeds of thorn apple (dattūrabīja) causes vomiting and psychosis for sure [235].

(214)
Flame lilly
(lāṅgalī guṇāḥ / लाङ्गली गुणाः **)**

लाङ्गली कटुतिक्तोष्णा गर्भशोफव्रणापहा ।236।
कफार्शो विनिहन्त्येषा प्रभावाद्गर्भपातिनी ।237।

Flame lily (lāṅgalī) is pungent, bitter, hot, induce abortion, relieves oedema, ulcers/wounds, diseases due to kapha, haemorrhoids; due to its prabhāva (special efficiency in action) causes miscarriage [236-237].

(215)
Frog fruit seeds
(jalpippalikā guṇāḥ / जलपिप्पलिका गुणाः **)**

जलपिप्पलिका तिक्ता कषाया कफवातहा ।238।

Frog fruit seeds (jalpippalikā) are bitter, astringent, pacify kapha and vāta [238].

(216)
Sopāna type of olender
(sopānakaravīra guṇāḥ / सोपानकरवीर गुणाः **)**

सोपानकरवीरस्तु पामाकण्डूक्रिमिप्रणुत् ।239।

Sopāna type of olender is useful in weeping dermatitis (pāma), pruritis and worm infestation [239].

(217)
Black musali
(vārāhi guṇāḥ / वाराहि गुणाः **)**

वाराही कटुका तिक्ता तथोष्णा स्वरसादहृत् ।
रसायनप्रयोगांश्च सर्वरोगहरा मता ।240।

Black musali (vārāhī) are pungent, bitter, hot, mitigates all vocal disorders and all types of diseases, aids rejuvenation [240].

(218)
Sunflower
(ādityabhakta guṇāḥ / आदित्यभक्त गुणाः **)**

आदित्यभक्तः कटुका तथोष्णा स्फोटकावहा ।
स्वरसादहरी ज्ञेया रसायनविधौ हिता ।।241।।

Sunflower (ādityabhakta) is pungent, hot, causes urticaria, relieves diminished voice and is effective in rejuvenation [241].

(219)
Tamarind seeds
(vṛkṣāmlabīja guṇāḥ / वृक्षाम्लबीज गुणाः **)**

वृक्षाम्लबीजं मधुरं कृमिश्लेष्मप्रकोपनम् ।
प्रसेककृत्कषायत्वाद्रोपणं मेहनाशनम् ।।242।।

Tamarind seeds are sweet, induce worm infestation and aggravate kapha, induce excess salivation; it is astringent, hence aids healing wounds, pacifies polyuria[242]. Note: In the manuscript the title given for this entity is "Cintavittulu (Telugu) which stand for Tamarind seeds, whereas term "vṛkṣāmala" stands for kokum - Garcinia indica

(220)
Lotus seeds
(pauṣkarabīja guṇāḥ / पौष्करबीज गुणाः **)**

ईषत्कषायानुरसं रक्तपित्तनिबर्हणम् ।
पौष्करं तु भवेद्बीजं मधुरं रसपाकयोः ।।243।।

Lotus seeds are sweet in primary taste and also sweet after digestion, slightly astringent in secondary taste; relieves epistaxis [243]. Note: Term "Pauṣkara=puṣkara=kamala".

(221)
Moringa seeds
(śigrubīja guṇāḥ / शिग्रुबीज गुणाः **)**

मुनगवित्तुलु ते. ? ।244।

-

(222)
White pepper
(śvetamarica guṇāḥ / श्वेतमरिच गुणाः **)**

श्वेतं तु मरिचं प्रोक्तं वृष्यं विषविनाशनम् ।
दृष्टिरोगहरं चैव स्वरसादविनाशनम् ।।245।।

White pepper or de-husked pepper seed is aphrodisiac, removes poison, alleviates ophthalmic diseases and is useful in dysphonia, feeble voice and other vocal disorders [245].

(223)
Nettle leaved goose foot
(vasuka guṇāḥ / वसुक गुणाः **)**

शोफहिध्मापहो बल्यो मेहघ्नः स्थैर्यकृद्गुरुः ।
वातश्लेष्महरश्चोष्णो वसुकः कटुतिक्तकः ।।246।।

Nettle leaved goose foot (vasuka) is effective in oedema, hiccough, polyuria and diseases of vāta and kapha; imparts strength and firmness to the body, hard to digest, hot, pungent and bitter [246]. (vasuka=vāstuka)

(224)
Black night shade
(kākamācī guṇāḥ / काकमाची गुणाः **)**

काकमाची सरा तिक्ता स्वर्या दोषत्रयापहा ।247।

Black night shade (kākamācī) is laxative, bitter, promotes good voice and mitigates three doṣa [247].

(225)
Panicled fold wing
(kākajaṅghā guṇāḥ / काकजङ्घा गुणाः **)**

व्रणशीतज्वरहराकाकजङ्घा क्रिमिप्रणुत् ।248।

Panicled fold wing (kākajaṅghā) is beneficial in ulcers, fever with chills and worm infestation [248].

(226)
Five leaved chaste
(nirguṇḍī guṇāḥ / निर्गुण्डी गुणाः **)**

निर्गुण्डी कफवातघ्नी कुष्ठप्लीहक्रिमीन् जयेत् ।249।

Five leaved chaste (nirguṇḍī) alleviates kapha and vāta, skin ailments, splenic disorders and worm infestation [249].

(227)
Spade flower plant
(cāraṭī guṇāḥ / चारटी गुणाः)

चारटी मूत्रकृच्छ्राश्मशर्कराकुण्डलीर्जयेत् ।250 ।

Spade flower plant (chāraṭī, padmaccāriṇī) is useful in dysuria, urolithiasis, graveluria (śarkarā), and circum-gyratory vāta-bladder disorder (vātakuṇḍalikā) [250]. [charati(Sanskrit), padmacarini(Sanskrit), barakudamara(Telugu)].

(228)
Slender dwarf morning glory
(viṣṇukrānta guṇāḥ / विष्णुक्रान्त गुणाः)

विष्णुक्रान्ता रसे तिक्ता शीतज्वरहरा मता ।251 ।

Slender dwarf morning glory is bitter in taste, alleviates fever with chills) [251].

(229)
White variety Slender dwarf morning glory
(śvetaviṣṇukrānta guṇāḥ / श्वेतविष्णुक्रान्त गुणाः)

विष्णुक्रान्ता च तद्वच्च श्वेता पुराणज्वरजित् ।252 ।

White variety of slender dwarf morning glory relieves chronic fevers) [252].

(230)
Mistletoe
(dvandvara, vandāka guṇāḥ / द्वन्द्वर,वन्दाक गुणाः)

पाके शीतः कषायः स्याद्वन्द्वरो व्रणमेहनुत् ।253 ।

Mistletoe (dvandvara, vandāka) is cold, astringent, heals ulcers and pacifies polyuria [253].

(231)
Mongoose plant or Small Knotweed
(sarpākṣi guṇāḥ / सर्पाक्षि गुणाः)

सर्पाक्षि सर्वरोगघ्नी सर्ववीसर्पनाशनी ।254 ।

Mongoose plant or small Knotweed (sarpākṣi) alleviates all diseases and all types of acute spreading eruptions [254].

(232)
Walking maidenhair fern
(haṁsapādī guṇāḥ / हंसपादी गुणाः)

भूतापस्मारजन्तुघ्नी हंसपादी विषापहा ।255 ।

Walking maidenhair fern is beneficial in removing possession by evil spirits, epilepsy, worm infestation and poison) [255].

(233)
Sun hemp
(śaṅkhinī, śaṇapuṣpī guṇāḥ / शङ्खिनी, शणपुष्पी गुणाः)

शङ्खिनी विषहृन्मेध्या कटूष्णा कफवातजित् ।256 ।

Sun hemp (śaṅkhinī, śaṇapuṣpī) alleviates poison, promotes intellect, is pungent, hot, mitigates kapha and vāta)[256]. Note: Term "giliginta(Telugu) = Crotalaria juncea L. Shana?

(234)
Bamboo
(veṇu guṇāḥ / वेणु गुणाः)

श्लेष्महा मधुरो वेणुः विदाही क्रिमिनाशनः ।257 ।

Bamboo mitigates kapha, is sweet, induces burning sensation and removes worms) [257].

(235)
Bermuda grass
(hariddūrvā guṇāḥ / हरिद्दूर्वा गुणाः)

दाहतृष्णाहरास्सर्वा हरिद्दूर्वास्रपित्तनुत् ।258 ।

All varieties of bermuda grass (hariddūrvā) are beneficial in treating burning sensation, polydipsia and epistaxis.

(236)
White variety of Bermuda grass
(śvetadūrvā guṇāḥ / श्वेतदूर्वा गुणाः)

श्वेतदुर्वा चपित्तघ्नी दाहश्वयथुनाशनी ।259 ।

White variety of bermuda grass (śvetadūrvā) pacifies pitta and is useful in burning sensation and oedema) [259].

(237)
Sneeze wort
(latāmūrvā guṇāḥ / लतामूर्वा गुणाः)

लतामूर्वा च पित्तघ्नी स्वादुतिक्तकषायका ।260 ।

Sneeze wort (latāmūrvā) mitigates pitta, is sweet, bitter and astringent) [260].

(238)
Toothbrush tree
(pīlu guṇāḥ / पीलु गुणाः)

रक्तपित्तास्रज्तिपीलु कटुकं गुदजापहम् ।
कफवातहरं शोफ नाशनं कटुकं रसम् ।।261।।

Toothbrush is pungent in taste, effective in bleeding disorders, anal diseases, oedema, mitigates kapha and vāta [261].

(239)
Bur-flower tree
(kadamba guṇāḥ / कदम्ब गुणाः)

श्लेष्मव्रणहरश्शीतः कदम्बः स्त्यात्कषायकः ।262 ।

Bur-flower tree (kadamba) is astringent, cold, alleviates kapha and ulcers [262].

(240)
Burflower-tree
(mahākadamba guṇāḥ / महाकदम्ब गुणाः)

महाकदम्बकस्तिक्तः स्याद्वृष्यः पित्तविषापहा ।263 ।

Mahā-kadamba is bitter, aphrodisiac, pacifies pitta and poison[263]. Note: Though the term nīrukadiki (Telugu) is mentioned the manuscript, the description suits for "kadamba(Sanskrit) identified with the species of burflower-tree Neolamarckia cadamba (ROXB.) BOSSER

(241)
Kaim tree
(bhūkadamba guṇāḥ / भूकदम्ब गुणाः)

भूकदम्बो व्रणहरस्तीक्ष्णः शोधनरोपणः ।264 ।

Kaim tree (bhūkadamba) is sharp, cleanses and heals the wounds[264]. Note: The species "Mitragyna parvifolia KORTH." [bhumikadamba (Sanskrit), dhulikadamba(Sanskrit), vitanah(Sanskrit)] suits for nīrukadiki (Telugu) and nelakaḍimi (Telugu)

(242)
Indian elm tree
(ciribilva guṇāḥ / चिरिबिल्व गुणाः)

चिरिबिल्वः कीटहारी ग्रहण्यर्शोविकारनुत् ।265 ।

Indian elm tree (ciribilva) inhibits insects and beneficial in the disorders of lower gastro intestinal tract and haemorrhoids [265].

(243)
Indian beech
(karañja guṇāḥ / करञ्ज गुणाः)

करञ्जो व्रणाहा तिक्तः क्रिमिहृद्विषनाशनः ।266 ।

Indian beech (karañja) heals ulcers, is bitter, removes worm infestation and poison [266].

(244)
Flea tree
(śirīṣa guṇāḥ / शिरीष गुणाः)

शिरीषः कुष्ठकण्डूघ्नः श्वासकासहरः परः ।267 ।

Flea tree (śirīṣa) effectively relieves integumentary disease, pruritis, difficulty in breathing and cough [267].

(245)
Arjun tree
(pārtha guṇāḥ / पार्थ गुणाः)

शीतः कषायो व्रणहा पार्थः श्वित्रव्रणापहा ।268 ।

Arjun tree (pārtha) is cold, astringent, heals wounds and vitiligo [268].

(246)
Holy garlic pear
(varuṇa guṇāḥ / वरुण गुणाः)

तीक्ष्णोष्णः कफमेदोघ्नो वरुणः क्रिमिनाशनः ।269 ।

Holy garlic pear (varuṇa) is sharp, hot, mitigates kapha, fat and worm infestation [269].

(247)
Indian rose wood
(śiṁśupā guṇāḥ / शिंशुपा गुणाः)

शिंशुपा कुष्ठकण्डूघ्नः सर्वव्रणविनाशनः ।270 ।

Indian rose wood (śiṁśupā) is beneficial in skin ailments, pruritus and all types of ulcers [270].

(248)
Silk cotton tree
(śālmalī guṇāḥ / शाल्मली गुणाः)

शाल्मल्यतीसारहरा कषाया शुक्रवर्धनी ।271 ।

Silk cotton tree (śālmalī) pacifies diarrhoea, is astringent and promotes semen production [271].

(249)
Silk cotton tree exudate
(śālmalīniryāsa guṇāḥ / शाल्मलीनिर्यास गुणाः)

तन्निर्यासो मोचरसः संज्ञातीसारनाशनः ।272 ।

Silk cotton tree exudate (resin) is known as mocharasa. It alleviates diarrhoea, revives unconsciousness [272].

(250)
Weaver's beam tree
(muṣkaru guṇāḥ / मुष्करु गुणाः)

मुष्करुः कटुकस्तिक्तः सक्षारो भेदिदीपनः ।273 ।

Weaver's beam tree (muṣkaru) is pungent, bitter, astringent, purgative and kindles appetite [273].

(251)
Indian, Malabar kino
(asana guṇāḥ / असन गुणाः)

तिक्तोऽसनः कषायः स्यान्मेदोघ्नो दन्तरोगजित् ।274 ।

Indian, malabar kino (asana) is bitter, astringent, alleviates obesity and tooth disorders [274].

(252)
Charoli nut
(priyālu guṇāḥ / प्रियालु गुणाः)

प्रियालुर्मधुरः स्निग्धो वृष्यः कृच्छ्राश्मरीहरः ।275 ।

Charoli nut plant (priyālu, moraḷi (Telugu) is sweet, unctuous, aphrodisiac, relieves dysuria and lithiasis [275].

(253)
White Distiller's Acacia
(śvetārimeda guṇāḥ / श्वेतारिमेद गुणाः)

श्वेतारिमेदस्त्वास्योत्थरोगहा दन्तरोगजित् ।276 ।

White distiller's acacia (śvetārimeda) is useful in diseases of oral cavity and tooth disorders [276].

(254)
Black Distiller's Acacia
(kṛṣṇārimeda guṇāḥ / कृष्णारिमेद गुणाः)

कृष्णारिमेदश्चक्षुष्यस्त्रिवृद्व्यापक नाशनी ।277 ।

Black distiller's acacia (white distiller's acacia) is good for eyes, alleviates complications arising due to excess intake of trivṛt [277]. Note: trivrut vyāpaka nāśini

(255)
Black Distiller's Acacia Gum
(kṛṣṇārimedaniryāsa guṇāḥ / कृष्णारिमेदनिर्यास गुणाः)

तन्निर्यासो मेहरोगव्रणकुष्ठाग्निरोगजित् ।278 ।

"Black distiller's acacia gum" (kṛṣṇārimedaniryāsa) is effective in polyuria, wounds, skin ailments and diseases of digestive fire [278].

(256)
Sasi Chakrāngi
(sugandhā śaśicakrāṅgī guṇāḥ / सुगन्धा शशिचक्राङ्गी गुणाः)

सुगन्धा शशिचक्राङ्गी वक्रवैशद्यकारिणी ।279 ।

Musk mallow (sugandhā śaśicakrāṅgī) has pleasant aroma, cleanses the oral cavity [279].

(257)
Okra
(śaśicakrāṅgī guṇāḥ / शशिचक्राङ्गी गुणाः)

चक्राङ्गीप्रदरं हन्ति बिम्बी..न्नाशयेद्ध्रुवम् ।280 ।

Okra (śaśicakrāṅgī) is useful in metrorrhagia[280].

(258)
Musk Mallow Seeds
(śaśicakrāṅgabhīja guṇāḥ / शशिचक्राङ्गबीज गुणाः)

शशिचक्राङ्गबीजं स्यान्मेहनुद्वक्रसौरभम् ।281 ।

Seeds of mallow seeds pacifies polyuria and imparts good smell in the mouth [281].

(259)
Frangipani
(devagaṇḍalikā guṇāḥ / देवगण्डलिका गुणाः)

देवगण्डलिका वृष्या (व्रण्या) भस्मसात्कुरुतेऽभ्रकम् ।282 ।

Frangipani (devagaṇḍalikā) is aphrodisiac is useful in the preparation of abhrakabhasma (calcined mica) [282]. [champaka, devaganagalu, gosampige, kshira, ksiracampaka, svetacampaka]

(260)
India nettle
(haritamañjarī guṇāḥ / हरितमञ्जरी गुणाः)

शूलक्रिमिहरा चोष्णा तिक्ता हरितमञ्जरी ।283 ।

India nettle (haritamañjarī) is hot, bitter, relieves colic and worms [283].

(261)
Ceylon Caper
(kṣudrasiṁhāsyakadvaya guṇāḥ / क्षुद्रसिंहास्यकद्वय गुणाः)

क्षुद्रसिंहास्यकद्वन्द्वं क्रिमिकण्डूविनाशनम् ।284 ।

Ceylon caper (kṣudrasiṁhāsyakadvaya) is useful in worm infestation and pruritis[284]. [vyāghranakhi (Sanskrit), uppi (Telugu)]

(262)
Dessert date
(iṅgudī guṇāḥ / इङ्गुदी गुणाः)

इङ्गुदी कफवातघ्नी व्रणपूयविनाशिनी ।285 ।

Dessert date mitigates kapha and vāta, pacifies pus discharge from wounds [285].

(263)
East India rose bay
(nandyāvarta guṇāḥ / नन्द्यावर्त गुणाः)

नन्द्यावर्तः कटूष्णः स्यात्क्रिमिशोफाक्षिरोगजित् ।286 ।

East India rose bay (nandyāvarta) is pungent, hot and is beneficial in worm infestation, oedema and ophthalmic diseases [286].

(264)
Teak
(kāśadruma guṇāḥ / काशद्रुम गुणाः)

काशद्रुमः कफहरः क्रिमिमेहव्रणापहा ।287 ।

Teak mitigates kapha, worms, polyuria and wounds [287].

(265)
Little ironweed
(sahadevā guṇāḥ / सहदेवा गुणाः)

सहदेवातिमधुरा सुगन्धा पित्तहृद्गुरु ।288 ।

Little iron weed (sahadevā) is very sweet, hard to digest, has pleasant aroma, mitigates pitta [288].

(266)
Indian birth wort
(īśvarī guṇāḥ / ईश्वरी गुणाः)

इश्वरी कफशूलघ्नी तिक्ता हन्ति विशूचिकाम् ।289 ।

Indian birth wort (īśvarī) is bitter, mitigates kapha, alleviates colicky pain and acute gastro enteritis [289].

(267)
Indian redwood
(somidruma, māṁsarohiṇī guṇāḥ / सोमिद्रुम, मांसरोहिणी गुणाः)

सोमिद्रुमः कफहरः क्रिम्यजीर्णविषापहा ।290 ।

Indian redwood (somidṛma, māṁsarohiṇi) pacifies kapha, relieves worm infestation, indigestion and poison [290].

(268)
Wild indigo
(śarapuṅkhā guṇāḥ / शरपुङ्खा गुणाः **)**

शरपुङ्खा कषायोष्णा समा जीर्णविनाशनी ।**291** ।

Wild indigo is astringent, hot, relieves indigestion [291].

(269)
White Wild Indigo
(sitāśarapuṅkhā guṇāḥ / सिताशरपुङ्खा गुणाः **)**

शरपुङ्खा सिता तद्वच्छस्ता सर्वविषापहा ।**292** ।

White Wild Indigo (sitāśarapuṅkhā) is similar to above, beneficial in all types of poison [292].

(270)
Wild Jasminum
(santatamallikā guṇāḥ / सन्ततमल्लिका गुणाः **)**

बलागुणा तु वातघ्नी रूक्षा सन्ततमल्लिका ।**293** ।

Wild Jasminum (santatamallikā) mitigates vāta, is dry and is similar to Bala (*Sida cordifolia*) in properties [293]. Note: Nityamalli (Telugu) is also identified as *Vallaris solanacea* (Roth) Kuntze [asphota, bhadra-valli, bhadramunja, bhadravalli, sariva, visalyakrit, visanika]

(271)
Colocynth
(viśāla guṇāḥ / विशाल गुणाः **)**

अतितिक्ता विशाला च क्रिमिकोन्मादहृत्सरा ।**294** ।

Colocynth (viśāla) is extremely bitter, beneficial in worm infestation, psychosis (insanity) and is laxative [294].

(272)
Indian devil tree/ Milk wood pine/Black board tree
(saptacchada guṇāḥ / सप्तच्छद गुणाः **)**

सप्तच्छदः कफहरः छर्दिकण्डू व्रणापहा ।**295** ।

Indian devil tree (saptacchada) mitigates kapha, is effective in vomiting, pruritis and wounds [295].

(273)
Asian palmyra palm/Toddy palm
(tāladruma guṇāḥ / तालद्रुम गुणाः **)**

तालद्रुमः कषायः स्त्यात्पित्तजिच्च विषूचिके ।**296** ।

Asian palmyra palm also known as toddy palm (tāladruma) is astringent, mitigates pitta and alleviates acute gastro enteritis [296].

(274)
Star anise
(Takkola Bījam / तक्कोलबीज गुणाः **)**

स्फुटकटुककषायं शीतवीर्यं त्रिदोषम् ।
क्षयहरमरुचिघ्नं सौष्ठवं वा विधत्ते ।।**297**।।
विषहरमदिरार्शो मूत्रकृच्छ्राश्मरोग ।
ज्वरनयनमुखोत्थान् हन्ति तक्कोलबीजम् ।।**298**।।

Seeds of star anise (takkola) are pungent, astringent, cold in potency, beneficial in alleviating diseases of tridoṣa, tuberculosis, anorexia, poison, intoxication (mada), haemorrhoids, dysuria, lithiasis, pyrexia, ophthalmic diseases and disorders of oral cavity [297-298].

इति द्रव्यरत्नावल्याम् विविधौषधवर्गः समाप्तः

Here ends the description of category of various drugs in Dravyaratnavali.

39. DAY ROUTINE

Atha dinacaryāmāha/ अथ दिनचर्यामाह

Now the description of daily regimen

(1)
Wake-up time
(prabodhanakāla / प्रबोधनकाल)

ब्राह्मे मुहूर्त उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः ।
शरीर चिन्तां निर्वर्त्य कृतशौचविधिस्ततः ।।1।। (अ. हृ.)

A healthy person should wake up (from bed) during the Brahma Muhurta, to protect his life. After considering his/her body condition, one should attend to his ablutions (elimination of urine and faeces). The moment of time, which is 3 Ghadiya before sunrise, is known as Brahma Muhurta Note: One Ghadiya = 24 minutes; 3 Ghadiya's (3x24) = 72 minutes.

इति अथ दिनचर्यामाह समाप्तः

Thus it ends the description of the daily regimen Dravyaratnāvali[1].

40. BRUSHING TEETH

Dantadhāvanam / दन्तधावनम्

(1)
Cleaning of Teeth
(dantadhāvana vidhiḥ / दन्तधावन विधिः)

अर्कन्यग्रोधखदिरकरञ्जककुभादिजम् ।
प्रातुर्भुत्त्वा च मृद्वग्रं कषायकटुतिक्तकम् ।। 1 ।। (अ.हृ)
भक्षयेद्दन्तपवनं दन्तमांसान्यबाधयन् (अ. हृ)

Early morning one should clean his teeth with the twigs of arka, nyagrodha, khadira, karanja, kakubha, etc, which have soft tip and which are astringent, pungent and bitter in taste. The tip of twig should be made like a soft brush by chewing and the teeth should be cleaned without hurting the gums[1].

(*)
Another manuscript
(granthāntare / ग्रन्थान्तरे)

प्रातरुत्थाय विधिना कुर्याद्दन्तप्रधावनम् ।
वाग्यतः पुण्यकाष्ठेन अत ऊर्ध्वं क्रमेण तु ।।2।।
पित्तश्लेष्महरं रुच्यं निर्मलं चक्षुषोर्हितम् ।
श्रोत्रनाडी विशुद्ध्यर्थं नराणां दन्तधावनम् ।।3।।

According to the other texts, one should wake up early in the morning and brush his teeth. One should control his speech, i.e., maintain silence and brush his teeth with medicated twigs and later on perform his regular duties. Brushing teeth mitigates pitta and kapha, imparts taste, promotes purity, is good for the eyes, and cleanses the ear canal[2-3].

(*)
In another manuscript
(granthāntare / ग्रन्थान्तरे)

विज्ञातवृक्षं क्षुण्णाग्रं मृद्वग्रं च सुभूमिजम् ।
कुर्यादग्रसमं स्थूलं प्रमाणं द्वादशाङ्गुलम् ।।4।।
यथाशास्त्रं दन्तकाष्ठं विप्राणां द्वादशाङ्गुलम् ।
अष्टाङ्गुलं नृपाणां तु वैश्यानां तु षडङ्गुलम् ।।5।।
दन्तकाष्ठप्रमाणं तु शूद्राणां चतुरङ्गुलम् ।
अभावे दन्तकाष्ठानां प्रतिषिद्ध दिनेषु च ।।6।।
अपां द्वादशगण्डूषैर्मुखशुद्धिर्भवेन्नृणाम् ।
भृग्वर्कवारसङ्क्रान्तिपातवैधृतिपर्वसु ।।7।।
नन्ध्यां नवम्यां द्वादश्यां न कुर्याद्दन्तधावनम् ।8।

The twig used for brushing should be from a familiar tree, the tip should be crushed, soft, even and thick. It should be from a tree in good soil and twelve inches in length. According to the text, the toothstick should be twelve inches for dvija (brahmins), eight inches for nrupa (Kings), six inches for vaisya (merchants) and four inches for sudras (fourth caste). In the non-availability of brushing twigs and on the days prohibited for brushing one should gargle twelve times and spit it out to cleanse the mouth. Brushing teeth is prohibited on Fridays, Sundays, Sankranthi (transitional period of the seasons), vyatipatha (inauspicious period/period of calamity), vaidhriti (poor support from nature), on the festival days, on the sashti (sixth), navami (ninth) and dvādasi (twelfth) days of fortnight[4-8].

(2)
Persons contraindicated for brushing teeth
(dantadhāvana varjyāḥ / दन्तधावन वर्ज्याः)

नाद्यादजीर्णवमथु श्वासकासज्वरार्दिती ।
तृष्णास्यपाकहृन्नेत्र शिरः कर्णामयी च तत् ।।9।। (अ. हृ.)

Brushing teeth is forbidden for persons suffering from indigestion, vomiting, difficult breathing, cough, pyrexia, facial paralysis, polydipsia, oral ulceration, diseases of heart, eyes, head and ears[9].

इति दन्तधावनं समाप्तः

Thus it ends the description of the group of tooth brushing (dantadhāvana vidhiḥ) in Dravyaratnāvali.

41. COLLYRIUM GROUP

Atha añjanavargaḥ / अथ अञ्जनवर्गः

Now, the description of types of collyrium.

(1)
Collyrium
(añjanabhedhāḥ / अञ्जनभेदाः)

सौवीरमञ्जनं पूर्वं रसाञ्जनमतः परम् ।
स्रोतोऽञ्जनं तदन्यच्च पुष्पाञ्जनमेव च ।।1।।
नीलाञ्जनं च तेषां च स्वरूपमपि कथ्यते ।2। (र.र.स.)

Now, the description of different types of collyrium, viz, sauvīrañjana, rasāñjana, srotoañjana, Pushpāñjana and nīlañjana[1-2].

(2)
Sauvīrānjana
(sauvīrāñjanaguṇāḥ / सौवीराञ्जनगुणाः)

सौवीरमञ्जनं धूम्रं रक्तपित्तहरं हिमम् ।
विषहिध्मादिरोगघ्नं व्रणशोधनरोपणम् ।।3।। (र.र.स.)
सौवीरमञ्जनं नित्यं हितमक्ष्णोस्ततो भजेत् ।
लोचने तेन भवतः सुस्निग्धघनपक्ष्मणी ।
व्यक्तत्रिवर्णे विमले मनोज्ञे सूक्ष्मदर्शने ।।4।। (अ. हृ)

Sauvīrāñjana emanates purplish smoke (dhumra), cold, useful in epistaxis, poison, hiccough, etc. It cleanses and heals wounds. Souvīrāñjanam is good for the eyes. Hence, it should be used as an eye-salve daily. It imparts unctuousness to the eyes and promotes thick eyelashes. The three colours are clear (well-demarcated), pure, and beautiful, and they can have microscopic vision. White, black and red colours in the eye are clear[3-4].

(*)
Characteristics of Souvīrāñjanam
(sauvīrālakṣaṇāḥ / सौवीरालक्षणाः)

वल्मीकशिखराकारं निलाञ्जनसमप्रभम् ।
घर्षणे गैरिकच्छायारक्तं सौवीरलक्षणम् ।।5।। (र. र. स.)

Sauvīranjana is similar to the peak of an anthill in shape, to Nīlanjanam, i.e., blue in colour and, on rubbing, attains red colour like red ochre (gairika)[5].शिम्बिधान्यवर्गः

(3)
Sroto-añjana
(srotoañjana guṇāḥ / स्रोतोऽञ्जन गुणाः)

वल्मीकशिखराकारं भङ्गे नीलोत्पलद्युति ।
घर्षणे गैरिकच्छायं स्रोतोऽञ्जनमिदं भवेत् ।।6।।

Sroto-anjana is identified by the shape similar to that of an ant-hill peak, if broken, is similar to the shine of blue lotus, and, on rubbing, has a similar colour to ochre (gairika)[6].

(*)
Properties of Sroto-añjana
(srotoañjana guṇāḥ / स्रोतोऽञ्जन गुणाः)

स्रोतोऽञ्जनं हिमं स्निग्धं कषायं स्वादु लेखनम् ।
नेत्र्यं हिध्माविषछर्दि कफपित्तप्रकोपनुत् ।।7।। (र. र. स)

Sroto-anjana is cold, unctuous, astringent, sweet, aids scrapping, good for eyes, beneficial in hikka, poison, vomiting and alleviates kapha and pitta[7].

(4)
Puṣpa-añjana
(puṣpāñjana guṇāḥ / पुष्पाञ्जन गुणाः)

पुष्पाञ्जनं हितं स्निग्धं हिमं सर्वाक्षिरोगनुत् ।
अतिदुष्करहिध्माघ्नं विषज्वरगदापहम् ।।8।। (र. र. स.)

Puṣpāñjana is wholesome, unctuous, and cold, relieves all eye diseases, effectively treats hiccoughs, which are very difficult to cure, and pacifies intermittent fever[8].

(5)
Nīlāñjanam
(nīlāñjana guṇāḥ / नीलाञ्जन गुणाः)

नीलाञ्जनं गुरु स्निग्धं नेत्र्यं दोषत्रयापहम् ।9। (र. र. स.)

Nīlāñjana is heavy, unctuous, good for the eyes, and mitigates three doṣas[9].

(6)
Description of Rasāñjana
(rasāñjana vivaraṇa / रसाञ्जन विवरण)

चक्षुस्तेजोमयं तस्य विशेषाच्छ्लेष्मतो भयम् ।
योजयेत्सप्तरात्रेऽस्मात्स्रावणार्थे रसाञ्जनम् ।।10।।

Eyes are dominated by Tejo-Bhuta and are at the risk of complications arising from kapha. Hence Rasāñjana should be used once in seven nights(7 days), to drain out kapha[10].

(*)
Characteristics of Rasāñjana
(rasāñjana guṇāḥ / रसाञ्जन गुणाः)

रसाञ्जनं च पीताभं विषवक्रगदापहम् ।
श्वासहिध्माहरं वर्ण्यं वातपित्तप्रणाशनम् ।।11।।
दौर्विक्काथोद्भवं वर्ण्यं विकारि क्षिप्तमक्षिवत् ।12।

Rasāñjana is yellow, promotes good complexion, beneficial in poison, oral diseases, difficult breathing, hikka, diseases of vāta and pitta. Rasāñjana is prepared with the decoction of Indian Barbery, Mara manjal (darvi), it imparts a good complexion and relieves eye diseases[11-12].

(*)
Properties of Rasānjana
(rasāñjana guṇāḥ / रसाञ्जन गुणाः)

तद्रसाञ्जनमुद्दिष्टं कषायं कटुतिक्तकम् ।
किञ्चिदुष्णं कफहरं छेदनं लेखनं लघु ।।13।।
नेत्रदोषप्रशमनं रक्तपित्तहरं परम् ।14।

Rasāñjana is astringent, pungent and bitter, slightly hot, mitigates kapha, causes chedana (pricking/incision/perforating), lekhana (scraping/scarification), is light in weight, alleviates eye diseases and effective in epistaxis[13-14].

(7)
Contraindications to collyrium
(añjana varjyāḥ / अञ्जन वर्ज्याः)

स्नातश्च स्नातुकामश्च ज्वरे रक्तक्षीणामये ।
विरिक्तश्चोष्णसन्तप्तो दुर्दिने चाञ्जनं त्यजेत् ।।15।।

Collyrium is contraindicated after bath and in those who wish to have a bath, in those suffering from pyrexia, anaemia, who have undergone purgation therapy, and after exposure to Sun, on inauspicious days (when sun is covered by clouds and is not visible)[15].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

नाञ्जयेद्भीतवमितविरिक्ताशितवेगितः ।
क्रुद्धज्वरितदन्ताक्षिशिरोरुक्शोकजागरे ।।16।।
अदृष्टेऽर्के शिरः स्नाते पीतयोर्धूममद्ययोः ।
अजीर्णेऽभ्यर्कसन्तप्ते दिवा सुप्ते पिपासिते ।।17।।
अतितीक्ष्ण मृदुस्तोक बह्वच्छघनकर्कशम् ।
अत्यर्थशीतलं तप्तमञ्जनं नावचारयेत् ।।18।। (अ. हृ)

Application of eye-salve/collyrium is contra-indicated in persons who are in fear, who have undergone emesis and purgation therapies, who just had their meals (after eating), who are under the urges (of urine, faeces, etc.), who are angry, in those suffering from pyrexia, diseases of teeth, eyes and head, in bouts of grief and night vigil; when Sun is not visible, soon after head-bath, smoking and drinking (alcohol), during indigestion, fatigued due to excess exposure to fire and Sun, after day-sleep and when thirsty. One should not use collyrium, which is very strong or mild, very little or very large in quantity, solidified and hard, or extremely cold or hot[16-18].

(8)
Eye-Care
(netrarakṣā / नेत्ररक्षा)

सर्वात्मना नेत्रबलाय यत्नं कुर्वीत नस्याञ्जनतर्पणाद्यैः । दृष्टौ हि नष्टे विविधं जगच्च तमोमयं जायत एकरूपम् ।।19।। (अ.हृ.)

All efforts should be made to strengthen the eyes by resorting to nasal medication, collyrium, satiating eye therapies, etc. Once vision is lost, the different kinds of things in the world become only one kind: darkness[19].

इति अथ अञ्जनवर्गः समाप्तः

Thus it ends the description of the collyrium group in Dravyaratnāvali.

42. NASAL MEDICATION GROUP

Atha nasya-vargaḥ / अथ नस्यवर्गः

Now, nasal medication.

(1)
Nasal medication
(nasya guṇāḥ / नस्य गुणाः)

ऊर्ध्वजत्रुविकारेषु विशेषान्नस्यमिष्यते ।
नासा हि शिरसो द्वारं तेन तद्व्याप्य हन्ति तान् ।।1।। (अ. हृ.)

Nasal medication is specially indicated for the diseases of the body's parts above the clavicle; the nose is the gateway to the head. By spreading through this route, nasally administered drugs mitigate the disorders occurring (above the clavicle) [1].

(2)
Order of Nasal medication administration
(nasyaprayogavidhih / नस्यप्रयोगविधिः)

प्रदेशिन्यङ्गुलीपर्वद्वयान्मग्नसमुद्धृतात् ।
यावत्पतत्यसौ बिन्दुर्दशाष्टौ षड्क्रमेण ते ।।2।। (अ. हृ.)

The amount of liquid that flows down the index finger after immersing it in medicine (liquid) up to two phalanges and taking it out is one drop (bindu). Ten, eight or six drops are taken as a dosage according to the disease [2].

(3)
Time of Nasal medication administration
(nasyaprayogakāla / नस्यप्रयोगकालाः)

प्रातः श्लेष्मणि मध्याह्ने पित्ते सायं निशोश्च ते ।
स्वस्थवृत्तस्य पूर्वाह्णे शरत्कालवसन्तयोः ।।3।।
शीते मध्यन्दिने ग्रीष्मे सायं वर्षासु सातपे ।
वाताभिभूते शिरसि हिध्मायामपतानके ।।4।।
मन्यास्तम्भे स्वरभ्रंशे सायं प्रातर्दिने दिने ।
एकाहन्तरमन्यत्र सप्ताहं च तदाचरेत् ।।5।।
अथोत्तानर्जुदेहस्य पाणिपादे प्रसारिते ।
किञ्चिदुन्नतपादस्य किञ्चिन्मूर्धनि नामिते ।।6।।
नासापुटं पिधायैकं पर्यायेण निषेचयेत् ।7। (अ. हृ.)

Nasal medication is to be administered in the morning in kapha disorders, during mid-day in pitta disorders, in the evening or at night vāta diseases, in the forenoon in case of healthy persons, during autumn and spring seasons, in the mid-day in cold seasons, at evenings in summer, when there is sunlight during the rainy season. In the diseases of the head caused by vitiated vāta, hiccough, orthotonus, neck stiffness (torticollis) and dysphonia, it should be administered both in the evenings and in the mornings daily. In other diseases, it should be administered at an interval of one day (i.e., every alternate day) for seven days. One should lie on the bed with his face upwards, extending his arms and legs, raising his legs, and slightly lowering his head. The medicine should be instilled into each nostril alternately, keeping the other closed. (Before nasal administration, the head of the person should be anointed with oil and given fomentation) [3-7].

(4)
Age wise nasal medication
(nasyārthaṁ vayaḥ / नस्यार्थं वयः)

न नस्यमूनसप्ताब्दे नातीताशीतिवत्सरे ।8। (अ. हृ.)

Nasal medication should not be administered to those who are less than seven years old and to those who are more than eighty years of age [8].

(5)
Suitable Oil for nasal medication
(nasyārthaṁ snehapraśasthyaṁ / नस्यार्थं स्नेहप्रशस्थ्यं)

तैलमेव च नस्यार्थे नित्याभ्यासेन शस्यते ।
शिरसः श्लेष्मधातुत्वस्नेहाः स्वस्थस्य नेतरे ।8 । (अ. हृ.)

Medicated oil is suitable for everyday usage of nasya (pratimarsa), because the head is the home of kapha, and no fat other than oil can keep it healthy [8].

(6)
Benefits of nasal medication
(nasya guṇāḥ / नस्य गुणाः)

घनोन्नतप्रसन्नत्वत्वक्स्कन्धग्रीवास्यवक्षसः ।
दृढेन्द्रियास्त्वपलिता भवेयुर्नस्यशीलिनः ।।9 ।। (अ. हृ.)

One habituated to nasal therapy is endowed with strong, well-developed, attractive skin, shoulders, neck, face, and chest. The sense organs develop strength, and grey hair disappears [9]

(7)
Quantity of nasal drops
(nasya parimāṇa / नस्य परिमाणम्)

बिन्दुद्वयोनाः कल्कादेः योजयेन्न तु नावनम् ।10 । (अ. हृ.)

Ten, eight, and six drops are considered maximum, moderate, and minimum doses. In the case of paste, fresh juice, and decoction, the dose is lessened by two drops [10].

(8)
Contra-indications for nasal medication
(nasyavarjyāh / नस्य वर्ज्याः)

तोयमद्यगरस्नेह पीतानां पातुमिच्छताम् ।
भुक्तभक्तशिरः स्नात स्नातुकामसृतासृजाम् ।।11 ।।
नवपीनसवेगार्त सूतिकाश्वासकासिनाम् ।
शुद्धानां दत्तवस्तीनां तथानार्तवदुर्दिने ।।12 ।। (अ. हृ.)

Nasal medication is contraindicated to those who have just consumed or wish to consume the following viz., water, alcohol, artificial poison and fats (as part of oleation therapy), who have just taken food, who had a bath or wish to take bath, who underwent blood-letting therapy, those with acute rhinitis, who are bearing natural urges of the body; women who delivered recently and those suffering from dyspnoea and cough, those who have undergone purificatory therapies, who have been just administered enema and on inauspicious days and on days when sun is not visible [11-12].

इति अथ नस्यवर्गः समाप्तः

Thus it ends the description of the nasal medication in Dravyaratnāvali.

43. GARGLE GROUP

Atha gaṇḍūṣavargaḥ / अथ गण्डूषवर्गः

Now, the category of mouth gargle therapies.

(1)
Gargling
(gaṇḍūṣa guṇāḥ / गण्डूष गुणाः)

गण्डूषं कफवातघ्नमास्यरोगनिबर्हणम् ।
श्वासकासहरं चैव दीपनं रोचनं परम् ।।1।।
स्रोतोविशुद्धिं कुरुते गण्डूषं नित्यसेवनात् ।2।

The habit of gargling daily mitigates diseases of kapha and vāta, oral disorders, difficult breathing, cough, kindles appetite, imparts taste, and cleanses the channels of circulation [1-2].

(2)
Citron fruit gargle
(mātuluṅgagaṇḍūṣa guṇāḥ / मातुलुङ्गगण्डूष गुणाः)

केसरम् मातुलुङ्गस्य मधुकर्षं तु मिश्रितम् ।
कर्षांशं शर्कराव्योषसैन्धवं धारयेन्मुखे ।।3।।

Gargling (holding the medicine in mouth) with the juicy hairs of Citron fruit (mātuluṅga) and 12 g (one karśa) of honey along with one karśa of sugar, three pungents (trikaṭu viz., śunṭhī, pippalī marica and rock salt (saindhavalavaṇa) is healthy[3]. [*Citrus medica*/Buddha's hand/fingered citron]

(3)
Ginger juice gargle
(ārdrakasvarasagaṇḍūṣa guṇāḥ / आर्द्रकस्वरसगण्डूष गुणाः)

गुडार्द्रकं वा मधुना रसं वार्द्रकसम्भवम् ।
दन्तहर्षे दन्तचाले मुखरोगे च वातिके ।।4।।

Holding in the mouth either jaggery and ginger juice or honey and ginger juice alleviates hyperaesthesia teeth, loose teeth, oral diseases and disorders of vāta [4].

(4)
Sesame decoction gargle
(tilakalkodakagaṇḍūṣa guṇāḥ / तिलकल्कोदकगण्डूष गुणाः)

तिलकल्कोदगण्डूषं सुखोष्णमधुशीतलम् ।
कर्षांशं शर्करावारि तिलकल्कोदकं हितम् ।।5।।
गण्डूषधारणान्नित्यं तैलं मांसरसोऽथवा ।
वैशद्यं जनयत्याशु सन्दधाति मुखे व्रणान् ।।6।।

Holding either sesame paste, warm water and honey or one karśa of sesame paste and sugar water in the mouth is wholesome. The daily habit of keeping in mouth oil or meat juice removes sliminess and instantly cures ulcers in the oral cavity [5-6].

(5)
Ghee gargle
(ghṛtagaṇḍūṣa guṇāḥ / घृतगण्डूष गुणाः)

ईषद्दाहान्विते पाके क्षते चागन्तुसम्भवे ।
विषक्षाराग्निदग्धे च सर्पिर्धार्यं पयोऽथवा ।।7।।

Holding ghee or milk in the mouth is beneficial in stomatitis, which causes a slight burning sensation, exogenous injuries, and wounds caused by poison, alkali, and fire [7].

(6)
Honey gargle
(madhugaṇḍūṣa guṇāḥ / मधुगण्डूष गुणाः)

दाहतृष्णाप्रशमनं मधुगण्डूषधारणम् ।।8।।

Holding honey in the mouth mitigates burning sensation and polydipsia [8].

(7)
Fermented grain gargle
(dhānyāmla gaṇḍūṣa guṇāḥ / धान्याम्ल गण्डूष गुणाः)

धान्याम्लमास्यवैरस्यमुखदौर्गन्ध्यनाशनम् ।
तदेवालवणं शीतं मुखशोषहरं परम् ।।9।।

Holding fermented grain wash in the mouth removes anorexia and foul odour; the same is true for cold and without salt, which is best to remove mouth dryness [9].

(8)
Alkaline liquid gargle
(kṣārāmbugaṇḍūṣa guṇāḥ / क्षाराम्बुगण्डूष गुणाः)

मन्याशिरः कर्णमुखाक्षिरोगाः
प्रसेककण्ठामयवक्त्रशोषाः ।
हृल्लास तन्द्रारुचिपीनसाश्च साध्या विशेषात्कवलग्रहेण ।।10।।

Filling the mouth with liquids entirely, not permitting any movement inside is "gaṇḍūśa" whereas allowing the movement of liquid inside is "kavalagraha." Kavalagraha (A.H.Su.22/12) is effective in relieving diseases like neck stiffness (torticollis/wry neck), diseases of the head, ear, oral cavity, eyes and throat, ptyalism (sialorrhoea), dry mouth, nausea, drowsiness, anorexia, rhinitis [10].

(9)
Intake of food with ghee
(ghṛtāpośana guṇāḥ / घृतापोशन गुणाः)

वह्नेर्दीपनमद्भुतं शुचिकरं यक्ष्मापहं शीतलम् ।
कासघ्नं क्षयपाण्डुहृत्पवनजित्पित्तघ्नमर्शोहरम् ।।11।।
गुल्मादीन् शमयेच्छिरोऽर्तिमखिलं जीर्णज्वरघ्नं परम् ।
मेहघ्नं वृषतां करोति सततं सम्यग्घृतापोशनम् ।12।

"Ghṛtāpośana" means sipping ghee at the beginning of taking meals. The daily habit of intake of food along with ghee effectively ignites the digestive fire, promotes radiance, is cold, and beneficial in tuberculosis, cough, anaemia, diseases of vāta and pitta, haemorrhoids, abdominal lump, all diseases of the head, chronic fevers and polyuria, acts as an aphrodisiac [11-12].

(*)
In another manuscript
(granthātnare / ग्रन्थान्तरे)

वर्चोमूत्रविबन्धनं गरहरं वातापहं बृंहणम् ।
बल्यं गुल्मगुदाङ्कुरप्रशमनं नेत्रामये पूजितम् ।।13।।
पित्तोन्मादविनाशनं क्षयहरं धातुप्रदं कान्तिदम् ।
वृष्यं पूज्यरसायनं रुचिकरं सौख्यं घृतापोशनम् ।।14।।

Intake of ghee with food causes obstruction of urine and faeces, alleviates poison, diseases of vāta, abdominal lump, haemorrhoids, eye diseases, psychosis caused by pitta and tuberculosis; it promotes nourishment, strength, development of tissues, good complexion, rejuvenation, taste and happiness, acts as aphrodisiac [13-14].

(10)
Contra-indications to gargling
(gaṇḍūṣavarjyāḥ / गण्डूषवर्ज्याः)

नवज्वाराक्षिरोगी च गर्भिणी च विरिक्तवान् ।
हनुग्रहे मध्यरात्रे गण्डूषं वर्जयेद्बुधः ।।15।।

An intelligent person should avoid gargling during acute fever, eye diseases, pregnancy, after purgation therapy, lockjaw (trismus), and at midnight [15].

(11)
Gargling with Oil
(snehagaṇḍūṣa guṇāḥ / स्नेहगण्डूष गुणाः)

ओष्ठस्फुटनपारुष्यमुखशोषद्विजामयाः ।
न स्युः स्वरोपघातश्च स्नेहगण्डूषधारणात् ।।16।। (अ. हृ.)

Gargling with oil prevents cracked lips, roughness, dry mouth, tooth disorders, dysphonia, and xerostomia[16].

इति द्रव्यरत्नावल्यां गण्डूषवर्गःसमाप्तः

Thus it ends the description of the group of mouth gargle therapies in Dravyaratnāvali.

44. MEDICATED SMOKE INHALATION GROUP

Atha dhūmapānavargaḥ/ अथ धूमपानवर्गः

Now, the description of the category of inhalation of medicated smoke

(1)
Medicated Smoke Inhalation
(dhūmapāna guṇāḥ / धूमपान गुणाः)

जत्रूर्ध्वकफवातोत्थ विकाराणामजन्मने ।
उच्छेधाय च जातानां पिबेद्धूमं सदात्मवान् ।।1।।
स्निग्धो मध्यश्च तीक्ष्णश्च वाते वातकफे कफे । (अ.हृ)
तदा धूमं पिबेन्नित्यं निशाकर्पूरनागरैः ।।2।।
पिष्टैर्धूमौषधैरेवं पञ्चकृत्वः प्रलेपयेत् ।3।

A person who is alert to take care of his health should always inhale the smoke of drugs to prevent the occurrence of the diseases in the parts above the shoulders, arising due to kapha and vāta and also for the cure of diseases which have already manifested. Smoking is three types of lubricating (snigdha), medium (madhya) and strong (tīkṣna), which are administered in diseases of vāta, vāta-kapha together and kapha, respectively. For everyday medicated smoking a wick is prepared with five layers of turmeric, camphor, and dry ginger[1-3]. Note: From the five lines of śloka, the first three lines are from A.H.Su.21/1,2, the 4th line is a new verse, and the fifth line is from A.H.Su.21/19.

(2)
Proportions of smoking wick

वर्तिरङ्गुष्ठकस्थूला यव मध्या यथा भवेत् ।
छायाशुष्कां विगर्भां तां स्नेहाभ्यक्तां यथायथम् ।।4।।
धूमनेत्रार्पितं पातुमग्निप्लुष्टां प्रयोजयेत् । (अ.हृ)
शरावसम्पुट च्छिद्रे नाडीं न्यस्य दशाङ्गुलम् ।।5।।
अष्टाङ्गुलां वा वक्त्रेण कासवान् धूममापिबेत् ।
कासः श्वासः पीनसो विस्वरत्वं पूतिर्गन्धः पाण्डुता केशदोषः ।।6।।
कर्णास्याक्षिस्रावः कण्डू जाड्यं तन्द्रा हिध्मा धूपनं न स्पृशन्ति ।7।

The thickness of the wick should be equal to the middle portion of the thumb. It should be dried in the shade; the reed should be removed and smeared with unctuous substances. It is then inserted into the smoking tube, lit with fire, and smoke is to be inhaled [4].

(2.1)
Anti-tussive smoke

-

A tube, either ten or eight aṅgula =1.763 cm in length, should be fixed to a hole made in the capsule of earthen saucers and the person suffering from cough is made to inhale the smoke [5 ½].

(2.2)
Benefits of Smoke-therapy

-

Habitual inhalation of smoke prevents cough, difficulty breathing, rhinitis, vocal disorders, foul smell from nose and mouth, anaemia, hair disorders, itching, pain and diminished functioning of ears, mouth and eyes, drowsiness and hiccups [6-7].

(3)
Contra-indications to smoke inhalation
(dhūmapāna varjyāḥ / धूमपान वर्ज्याः)

रक्तपित्तविरिक्तश्च महोदरविषार्दितः ।
तिमिरोर्ध्वानिलाध्मानरोहिणी दत्तवस्तिषु ।।8।।
क्षौद्र मत्स्यदधिक्षीरस्नेह मद्याशिनो नराः ।
शिरोभिघाते पाण्डौ च निशि जागरिते तथा ।।9।।
धूमपानं त्यजेद्यस्तु यदि कुर्याज्जडो नरः ।
मोहमूर्छापित्तरक्त बाधिर्यान्ध्यं करोति सः ।।10।। (अ. हृ)

Inhalation of smoke is contra-indicated in persons suffering from bleeding disorders, who have undergone purgation therapy, ascites, poison, facial palsy, partial or total

blindness (ametropia), upward movement of vāta, abdominal distension, disease which originates at the root of the tongue like diphtheria (rohiṇī) and after enema therapy, in persons who have just consumed honey, fish, curd, milk, fatty substances and alcohol; who sustained head injuries, anaemia and who are on night vigil (awake at night). If the above persons do not quit smoking, they are liable to suffer from diseases like delusion, syncope, epistaxis, deafness and blindness[8-10]. Note: In the first line of śloka- in A.H it is udarameheṣu; In Dravyaratnāvali it is mahodara vishārditah = viṣa and ardita are added. In the third line, kṣaudra is mentioned first, and viṣa is not mentioned.

Note: Dhumapāna/smoking is a procedure which involves nasal inhalation of fumes emanating from stipulated substances (drugs) through a tube. For more details, one can refer to aśṭāṅga hṛdaya, sūtrasthāna, chapter 21.

इति द्रव्यरत्नावल्यां अथ धूमपानवर्गः समाप्तः

Thus it ends the description of the group of inhalation of medicated smoke in Dravyaratnāvali.

45. EXCERCISE GROUP

Atha vyāyāmādivargaḥ / अथ व्यायामादिवर्गः

Now, the description of exercise

(1)
Exercise
(vyāyāma guṇāḥ / व्यायाम गुणाः)

शरीरायासजननं कर्म व्यायाममुच्यते ।
लाघवं कर्मसामर्थ्यं दीप्तोऽग्निर्मेदसः क्षयः ।।1।।
विभक्तघनगात्रत्वं व्यायामादुपजायते ।2। (अ.हृ)

That act which causes physical exertion (to the body) is known as exercise. It imparts lightness to the body, ability to do hard work, stimulates digestive fire, helps depletion of excess fat, promotes distinct and stable physique [1-2].

(2)
Contra-indications to exercise
(vyāyāma varjyāḥ / व्यायाम वर्ज्याः)

वातपित्तामयी बालो वृद्धोऽजीर्णी च तं त्यजेत् ।
अर्धशक्त्या निषेव्यस्तु बलिभिः स्निग्धभोजिभिः ।।3।।
शीतकाले वसन्ते च मन्दमेव ततोऽन्यथा ।
तं कृत्वानु सुखं देहं मर्दयेच्च समन्ततः ।।4।। (अ.हृ.)

Individuals suffering from diseases of vāta and pitta, children and aged persons and those with indigestion should avoid exercise. People who are strong and who indulge in fatty foods daily should exercise to half of their strength (capacity) in cold and spring seasons, while in other seasons, they should do it mildly. After exercise, all body parts should be massaged comfortably [3-4].

(3)
Complications of over-exercise
(ativyāyāma guṇāḥ / अतिव्यायाम गुणाः)

तृष्णा क्षयः प्रतमको रक्तपित्तश्रमक्लमः ।
अतिव्यायामतः कासो ज्वरश्छर्दिश्च जायते ।।5।। (अ.हृ)
व्यायामजागराध्वस्त्रीहास्य भाष्यादिसाहसम् ।
गजं सिंह इवाकर्षन् भजन्नति विनश्यति ।।6।। (अ. हृ)

Excessive exercise causes diseases like polydipsia, tuberculosis, severe dyspnoea, epistaxis, exhaustion, fatigue, cough, pyrexia and vomiting[5]. Those who indulge daily in exercise much physical exercise, night vigilance (keeping awake at night), walking long distances, sexual intercourse, too much laughing, speaking, and other such strenuous activities perish just like the lion, which dies after vanquishing an elephant[6].

(4)
Results of foot massage
(pādasaṁhanana guṇāḥ / पादसंहनन गुणाः)

पवनजनितदोषश्वासहिक्कादिरोगान् कफयति लघु रूक्षान्
पाणिदाहं क्षणेन ।
जनयति जठराग्निं कुक्षिमाध्मानशूलं हरति महति जीर्णं
सातिसारं सगुल्मम् ।।7।।

Foot massage is beneficial in diseases caused by vitiated vāta, dyspnoea, hiccough, etc, relieves burning sensation of hands, generates digestive fire, alleviates abdominal distension, colicky pain, diarrhoea and lumps; aids digestion [7].

(5)
Learning of archery
(dhanurvidyābhyāsa guṇāḥ / धनुर्विद्याभ्यास गुणाः)

मेदःस्वेदकरं त्रिदोषशमनं कायाग्निसन्दीपनम्
गात्राणां परिबृंहणोपकरणं कान्तिप्रदं पुष्टिदम् ।।8।।
आरोग्याय विनोद विग्रहकरं शक्तेस्समुत्सादनम्
चापाभ्यासरसायनं प्रतिदिनं को नाम नो सेवते ।।9।।

Archery induces fat and perspiration, alleviates tridoṣa, kindles digestive fire, promotes weight gain to the body, and imparts good complexion and nourishment. It is the cause of health, entertainment and

enmity (strife), boosts strength and is a habituated rejuvenation (abhyāsarasāyanam). "Who doesn't do it daily?" meaning everyone should practice it [8-9].

(6)
Possessing of weapons
(āyudhadhāraṇa guṇāḥ / आयुधधारण गुणाः)

चोरभूतभयं हन्ति दोषघ्नं दीपनं लघु ।
प्राणदं श्रीकरं क्षात्रं करे चायुधधारणम् ।।10।।

Carrying a weapon in hand removes the fear of thieves and other evil spirits, alleviates doṣa, kindles digestion, causes lightness, sustains life, is auspicious and is the duty of warriors (kṣatriyas) [10].

(7)
Sudation
(svedana guṇāḥ / स्वेदन गुणाः)

सर्व(वातो)पद्रवनाशनं कफहरं शूलामयघ्नं परम् ।
गुल्मानाहविषूचिकापहरणं विद्यादन्त्रकूजापहम् ।।11।।
देहे लाघवकारकं बलहरं शीर्षामये शूलिनाम् ।
रोगार्शः पटुसन्निपातनिचये कायाग्निदं स्वेदनात् ।।12।।

Sudation removes all complications, mitigates kapha, and is beneficial in colicky pain, abdominal lump, distension, acute gastroenteritis, gurgling noise in the abdomen, diseases of the head, pain in the stomach, haemorrhoids, removes complications arising due to involvement of all the three doṣa, promotes digestive fire, imparts lightness to the body and may deprive the body of strength [11-12].

(8)
Massage
(mardana guṇāḥ / मर्दन गुणाः)

नित्यं मर्दनमङ्ग मङ्गलकरं वातादिदोषापहम् ।
श्लेष्माणं प्रबलं शरीरनिचये मेदांसि भूयांसि च ।।13।।
कान्तिं कामपि शं तनोति वपुषः पुष्टिं प्रशामोन्नतिम् ।
तत्तद्व्याधिनिवारणं च सुखदं चानन्द सौख्यप्रदम् ।।14।।

Daily massage is auspicious, mitigates vāta, and other doṣa, pacifies aggravated kapha, decreases excess fat, imparts lustre to the body and promotes nourishment, alleviates respective diseases and imparts happiness and pleasure [13-14].

(9)
Deep massage
(saṁhanana guṇāḥ / संहनन गुणाः)

संहननं मांसरक्त त्वक्प्रसादकरं सुखम् ।15।

Massaging with more pressure by well-built persons is known as "samhananam". It promotes the formation of muscle and blood, rejuvenates the skin and imparts happiness [15].

(10)
Contra-indications to massage
(mardana varjyāḥ / मर्दन वर्ज्याः)

मर्दनं वर्जयेत्पित्तरोगी ज्वरनिपीडितः ।
तृष्णातिपीडितक्षुद्वातरक्तपित्तप्रमेहवान् ।।16।।

Massage is contraindicated in persons suffering from diseases of pitta, pyrexia, polydipsia, hunger, disorders of vāta, bleeding disorders and diabetes [16].

(11)
Alkaline substance
(kṣāraguṇāḥ / क्षारगुणाः)

चिन्ताशोकहरं प्रसादजननं हृष्यं बलं कान्तिदम् ।
सौभाग्यं विशदं श्रमक्लमहरं वृष्यं वयःस्थापनम् ।।17।।
क्षारं लाघवहर्षपुष्टिजनकं कान्तामनोरञ्जनम् ।
वीर्यौजोबलवर्धनं गरहरं सद्यस्सुखोत्पादनम् ।।18।।

The (judicious) use of alkaline substances (kṣāra) relieves worries and sadness, generates peace of mind, is pleasing to the heart, imparts strength and good complexion, good fortune, and purity, removes physical exhaustion and fatigue, is aphrodisiac, and prevents ageing. Alkaline substances generate lightness, happiness, and nourishment, are beloved by women,

aid the development of semen, strength and Ojas, and pacify poison [17-18].

(12)
Practicing of martial arts and physical exertion
(yuyudhipariśrama guṇāḥ / युयुधिपरिश्रम गुणाः)

पुष्टिं बलं कान्तिमपूर्वरेखां करोति पुंसां गमने विलासम् ।
सभासु पाण्डित्यसुगन्धशौर्य परिश्रमः कस्य न वल्लभः स्यात् ।।19।।

Martial arts promote nourishment, strength, complexion and well distinct body lines and buoyancy in walking. It generates academic brilliance and bravery in gatherings/assembly. Who does not love to do it!! [19].

इति द्रव्यरत्नावल्यां व्यायामादिवर्गः समाप्तः

Thus it ends the description of the group of exercises in Dravyaratnāvali.

46. MEDICATED OIL MASSAGE

Atha abhyaṅgādivargaḥ/ अथ अभ्यङ्गादिवर्गः

Now, the description of the category of oil massage.

(1)
Medicated oil massage
(abhyaṅga guṇāḥ / अभ्यङ्ग गुणाः)

अभ्यङ्गमाचरेन्नित्यं स जराश्रमवातहा ।
दृष्टिप्रसादपुष्ट्यायुः स्वप्नसुत्त्वत्त्वदार्ढ्यकृत् ।।1।।
शिरःश्रवणपादेषु तं विशेषेण शीलयेत् । (अ.हृ)
हस्ताभ्यङ्गं कर्णयोः शस्तं कर्ण्याभ्यङ्गं पादयोरेवमेव ।।2।।
पादाभ्यङ्गं नेत्रयोश्च प्रसादं नेत्राभ्यङ्गं हन्ति दन्तालिरोगान् ।3।

One should resort to oil massage daily; it wards off old age, physical exhaustion and vitiated vāta; it bestows good vision, nourishment to the body, long life, good sleep, and sound and robust (healthy) skin. It should be done mainly on the head, ears and feet. Oil massage to hands is good for ears. Likewise, oil massage to the ears, feet, and eyes is good for the feet, eyes, and teeth [1-3].

(*)
In another manuscript
(granthāntare / ग्रन्थान्तरे)

सात्म्यं बलं च प्रकृतिं निरीक्ष्य दोषं विकारानृतु देशकालान् ।
तैलं घृतं वा मतिमान्विदद्यादभ्यङ्गसेकादिषु शास्त्रवेत्ता ।।4।।

An intellect who is well versed with the subject should examine certain factors like homologation, strength, physical constitution, morbidity of doṣa, seasons, habitat and time and then decide whether oil or ghee is ideal to be used for procedures like oil massage, sprinkling, fomentation [4].

(2)
Streaming of medicated fluid
(seka guṇāḥ / सेक गुणाः)

सेकः श्रमघ्नः पवनार्तिहन्ता श्लथास्थिबन्धं स्थिरयेद्विशेषात् ।
क्षताभिघातानलपीडितानां भग्नाङ्गकानामपि रोगहन्ता ।।5।।

Streaming, sprinkling warm oil and other medicated substances (seka) removes physical exhaustion, mitigates diseases of vāta, aids in fixing loose bony joints, and is beneficial in traumatic chest, injuries, diseases of vāta and fractured bones [5].

(3)
Effect of medicated oil massage
(tailābhyaṅga guṇāḥ / तैलाभ्यङ्ग गुणाः)

तैलं गुह्यमुखोत्तमाङ्गगुदपादबाहूरुवक्षः कटी ।
नासापृष्ठगलस्तनोदरनखः प्रामुख्यसर्वाङ्गकम् ।।6।।
अभ्यङ्गेन निहन्ति रोगमखिलं त्वग्दोषकुष्ठादिकम् ।
धातूनां दृढतां करोति सततं सत्यं त्रिदोषं क्षणात् ।।7।।

Applying oil and massage to all important parts like genitalia, oral cavity, head, anus, feet, upper arms, thighs, chest, lumbar region, nose, back (of trunk), throat (neck), breast, abdomen and nails alleviates all types of diseases, skin ailments, leprosy etc- imparts firmness to the tissues and promptly pacifies diseases caused by tridoṣa [6-7].

(4)
Application of oil on the head
(mūrdhni taila guṇāḥ / मूर्ध्नि तैल गुणाः)

मूर्ध्नि तैलं बहुगुणं सर्वेन्द्रियबलप्रदम् ।
कान्तितेजोबलाधिक्यमभ्यङ्गस्नानमाचरेत् ।।8।।

Applying oil on the head/scalp followed by a bath imparts good results, promotes strength to all sense organs, and enhances good complexion, lustre and stability [8].

(5)
Application of oil on the head
(mūrdhni taila guṇāḥ / मूर्ध्नि तैल गुणाः)

मूर्ध्नितैलं बहुगुणं सर्वेन्द्रियबलप्रदम् ।
कान्तितेजोबलाधिक्यमभ्यङ्गस्नानमाचरेत् ।।8।।

Applying oil on the head/scalp followed by a bath imparts good results, promotes strength to all sense organs, and enhances good complexion, lustre and stability [8].

(6)
Massage with ghee
(ājyābhyaṅga guṇāḥ / आज्याभ्यङ्ग गुणाः)

आज्याभ्यङ्गं नेत्ररोगशमनं दृष्टिप्रदं शीतलम् ।
दाहं मेहविकारकोपशमनं देहे च पित्तापहम् ।।9।।
रोगान् हन्ति च बालवृद्धवयसां तेजोवयः स्तंभनम् ।
धातून् वर्धति सेवनेन च दिन स्नेहोत्तमं परम् ।।10।।

Massage with ghee mitigates eye diseases, imparts good vision, coolness, pacifies burning sensation, complications due to polyuria, diseases due to pitta, alleviates diseases in children, aged persons and in young, promotes brilliance and delays ageing, aids tissue development. Ghee is the best among all fatty substances [9-10].

(7)
Massage with butter
(navanītābhyaṅga guṇāḥ / नवनीताभ्यङ्ग गुणाः)

नवनीतशिरोऽभ्यङ्गं तेजोधातुविवर्धनम् ।
त्रिदोषशमनं ग्राहि शिशूनां परमौषधम् ।।11।।
मूर्ध्नि त्रिवारं श्रवणैकवारं अक्ष्णोश्च नासापुटयोस्तथैव ।
स्नेहं क्षिपेदङ्घ्रियुगे त्रिवारं सर्वेषु गात्रेषु च युग्मवारम् ।।12।।

Application of butter on head imparts brilliance, aids development of tissues, pacifies tridoṣa, is water absorbent, acts as an effective medicine for infants. It is to be applied three times on the head and upper limbs, one time on ears, eyes, nose, and two times on all parts of body [11-12].

(8)
Contraindications to oil massage
(abhyaṅgavarjyāḥ / अभ्यङ्गवर्ज्याः)

वर्जोऽभ्यङ्गः कफग्रस्त कृतसंशुद्ध्यजीर्णिभिः ।13। (अ.हृ)

It should be avoided by individuals suffering from kapha disorders, who have just undergone purificatory therapies and those who are suffering from indigestion [13].

(9)
Results of bathing
(snānaguṇāḥ / स्नानगुणाः)

दीपनं वृष्यमायुष्यं स्नानमूर्जाबलप्रदम् ।
कण्डूमलश्रमस्वेद तन्द्रातृड्दाहपाप्मजित् ।।14।। (अ.हृ.)

Bathing kindles appetite, acts as an aphrodisiac, improves sexual vigour, imparts long life, enthusiasm and strength, removes pruritis, dirt, exhaustion, sweat, drowsiness, thirst, and burning sensation and destroys sin [14].

(10)
Bath with very hot water
(atyuṣṇodakasnānaguṇāḥ / अत्युष्णोदकस्नानगुणाः)

अत्युष्णतोयेन च तप्यमानं पित्तास्रकोपं तनुते नराणाम् ।15।

Individuals bathing with extremely hot water are prone to diseases caused by vitiated pitta and blood [15].

(11)
Bath with hot water
(uṣṇāmbusnānaguṇāḥ / उष्णाम्बुस्नानगुणाः)

कोष्णे कफश्च ..... द्राग्बलाबलं कालबलं निरीक्ष्य ।
भैषज्यवत्कोष्णजलेन कामं वैद्यः शिरः स्नानमतो
विदध्यात् ।।16।। (चा. च.)
उष्णाम्बुनाधः कायस्य परेषेको बलावहः ।
तेनैवतूत्तमाङ्गस्य बलहृत्केशचक्षुषाम् ।।17।। (अ. हृ)

One should take a head bath with medicated lukewarm water after considering factors such as strength, time, etc. Sprinkling and pouring warm water on the lower part of the body bestows strength, but the same over the head diminishes the strength of hair and eyes [16-17].

(12)
Coldwater bath
(śītodakasnānaguṇāḥ / शीतोदकस्नानगुणाः)

शीतेन तोयेन परं हि मूर्ध्नः स्नानम् हितम् लोचनमूर्धजानाम् ।
स्नानं सुशीतोदकमामनन्ति कफप्रकोपं पवनप्रकोपम् ।।18।।

Bathing with cold water is beneficial for head and wholesome for eyes and hair. Bathing with icy water aggravates vāta and kapha[18].

(13)
Early morning bath
(prātaḥ snānaguṇāḥ / प्रातः स्नानगुणाः)

अत्यन्तमलिनः कायो नवच्छिद्रसमनिवतः ।
स्रवत्येव दिवारात्रौ प्रातः स्नानेन शुद्ध्यति ।।19।। (चा.च.)

Bathing early in the morning cleanses the body, which is dirty due to secretions from the nine orifices (in the body) throughout the day and night[19].

(14)
Contraindications of bathing
(snānavarjyāḥ / स्नानवर्ज्याः)

स्नानमर्दितनेत्रास्यकर्ण रोगातिसारिषु ।
आध्मानपीनसाजीर्ण भुक्तवत्सु च गर्हितम् ।।20।। (अ.ह)

Bath is contraindicated for those suffering from facial paralysis, diseases of eyes, mouth and ears, diarrhoea, abdominal distension, rhinitis, indigestion and to those who have just consume food [20].

(*)
Alternate text
(granthāntare / ग्रन्थान्तरे)

आध्माने ग्रहणीगदेऽतिसरणे मूत्रामये पीनसे ।
भुक्ते लोचन वक्त्ररोगिषु भृशं कर्णामये चार्दिते ।।21।।
झुंझामारुतसङ्कुले च दिवसे मेघावनद्धाम्बरे ।
स्नानं नेष्टमजीर्ण भोजनदिने प्रालेयमग्ने रवौ ।।22।। (चा. च.)

Bath is contraindicated for those suffering from abdominal distension, disorders of the lower gastrointestinal tract, diarrhoea, urinary disorders, rhinitis, disease of eyes, mouth, ears, facial palsy; when the wind is whirling when the sun is covered by clouds, after meals, and in case of indigestion [21-22].

इति द्रव्यरत्नावल्यां अभ्यङ्गादिवर्गः समाप्तः

Thus it ends the description of the category of oil massage in Dravyaratnāvali.

47. CLOTHING GROUP

Vastravargaḥ / वस्त्रवर्गः

Now, the description of category of clothes

(1)
Result of wiping with cloth
(snānānantaraṁ vastrenataṇvodvartana guṇāḥ / स्नानान्तरं वस्त्रेणतन्वोद्वर्तन गुणाः)

स्नानस्यानन्तरं सम्यग्वस्त्रेणोद्वर्तयेत्तनुम् ।
कान्तिदं च शरीरस्य कण्डूत्वग्दोषनाशनम् ।।1।।
पिटकाव्यङ्गदोषघ्न मुद्वर्तनमुदाहृतम् ।2। (चा.च.)

After the bath, one should wipe the body thoroughly with a cloth. This imparts complexion to the body and removes pruritis, skin ailments, eruptions and blackish pigmentation on the face[1-2].

(2)
Clothing according to seasons
(kālānusāra vastradhāraṇa vidhiḥ / कालानुसार वस्त्रधारण विधिः)

शीतकाले तु कौशेयं काषायं घर्मवासरे ।
वर्षासु शुक्लवस्त्रं स्याद्वस्त्रकालस्त्रिधा मतः ।।3।।

Silk clothes should be worn in winter, saffron clothes in summer, and white clothes during rainy season. In this way there are three types of attire[3].

(3)
Silk clothes
(kauśeyavastradhāraṇa guṇāḥ / कौशेयवस्त्रधारण गुणाः)

कौशेयकं चित्रवस्त्रं रक्तवस्त्रं तथैव च ।
वातश्लेष्महरं नृणां शीतकालेषु धारयेत् ।।4।।

Silk clothes (fibres) with variegated colours, red colour, etc., alleviate vāta and kapha and should be worn in winter[4].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

दुकूलमुख्यान्यखिलानि यानि विचित्रवर्णानि मनोहराणि ।
तज्जातिभेदानि हितानि शीते कफानिलघ्नानि हिमेतराणि ।।5।।

White clothes (dukūla) are essential among all. Those of various colours, pleasing to the mind and from different sources, are wholesome in winter. In other seasons, they mitigate kapha and vāta. Note: dukūla = excellent cloth, raiment made of the plant's inner bark[5].

(4)
Saffron clothes
(kāṣāyavastradhāraṇa guṇāḥ / काषायवस्त्रधारण गुणाः)

मेध्यं सुशीतं पित्तघ्नं काषायं वस्त्रमुच्यते ।
तद्धारयेद्धर्मकाले काषायं वस्त्रमुत्तमम् ।।6।।

Saffron clothes promote intellect; they are calm and mitigate pitta. They are best worn in the summer season[6].

(5)
Saffron clothes like lotus seedpod colour
(kamalodarābha kāṣāyavastra dhāraṇa guṇāḥ / कमलोदराभ काषायवस्त्र धारण गुणाः)

काषायवस्त्रं कमलोदराभं पित्तापहं मेध्यमुशन्ति सन्तः ।
निदाघकाले परिसेवनीयं तथा घनान्ते सुकुमारमर्त्यैः ।।7।।

Saffron clothes similar to the inner side of lotus alleviates pitta, promotes intellect and are ideal to be used in summer and also by delicate persons at the end of rainy season[7].

(6)

Smooth clothes

(suślakṣṇa sughaṭita vastradhāraṇa guṇāḥ / सुश्लक्ष्ण सुघटित वस्त्रधारण गुणाः)

सुश्लक्ष्णं च सुघटितं शीतातपनिवारणम् ।
न चोष्णं न च वा शीतं वस्त्रं वर्षासु धारयेत् ।।8।।

Clothes which are smooth, well woven, which protect from cold and heat of sun, which are neither hot nor cold are to be worn in rainy season[8].

(*)

In another manuscript

(granthāntare / ग्रन्थान्तरे)

श्लक्ष्णं सुधौतं परिघट्टितं च
कुन्देन्दुहारप्रतिमानकान्तिम् ।
वर्षासु वासो हितमामनन्ति सुधूपितं दोषसमूहघाति ।।9।।

Acceptable (smooth), well-washed, firm and bright clothes, similar to jasmine and Moon, are ideal for the rainy season. Those which are fumigated are best and alleviate doṣas[9].

(7)

Yellow clothes

(pītāmbara dhāraṇa guṇāḥ / पीताम्बर धारण गुणाः)

वसन्तकाले परिसेवनीयं पीताम्बरं कामविलोभनीयम् ।
मनस्विनीमानहरं कफघ्नं परं प्रियं गोपकुमारकस्य ।।10।।

Yellow clothes useful in spring, trigger lust, attracts good hearted woman, mitigates kapha and are dearer to cattle-rearers / cowboys[10].

(8)

Clothes dyed in Indian maddar tree decoction

(mañjiṣṭhāmbara dhāraṇa guṇāḥ / मञ्जिष्ठाम्बर धारण गुणाः)

मञ्जिष्ठारसरञ्जितं च वसनं श्लेष्माणमुन्मूलये- ।
दुष्णं पित्तविवर्धनं विनिहरेद्वातप्रपञ्चं क्षणात् ।।11।।
इष्टं देहभृतामनिष्टहरणं हेमन्तकाले सदा ।
नित्यं शैशिरवासरेषु दिवसे मेघावनद्धाम्बरे ।।12।।
(चा.च)

Garments dyed in the juice of manjiṣṭha alleviate kapha, aggravate pitta, instantly pacify diseases of vāta, are hot and are adored by humans. They remove unpleasantness and are ideal to be worn in winter, dewy season and when the sky is clouded[11-12].

(9)

Red coloured clothes

(japākusumasaṅkāśa vastra dhāraṇa guṇāḥ / जपाकुसुमसङ्काश वस्त्र धारण गुणाः)

जपाकुसुमसङ्काशं वसनं वृष्टिवासरे ।
हेमन्तकाले शिशिरे हितं वातकफापहम् ।।13।। (चा.च)

Clothes similar to the colour of Hibiscus flowers are beneficial in rainy season, winter and cold/ dewy seasons. They alleviate vāta and kapha[13].

(10)

Variegated clothes

(vicitravarṇāmbara dhāraṇa guṇāḥ / विचित्रवर्णाम्बर धारण गुणाः)

विचित्रवर्णमिलितं विशिष्टवसनान्यपि ।
विविधानि मनोज्ञानि भिन्दन्ति कफमारुतौ ।।14।।
(चा.च.)

Clothes with variegated colours and distinct scents are delightful; pacify kapha and vāta[14].

(11)

Wet clothes

(ārdravastra dhāraṇa guṇāḥ / आर्द्रवस्त्र धारण गुणाः)

अनिलं वेपथुं कुर्यादार्द्रवस्त्रस्य धारणम् ।
रक्तक्षयं मूत्रकृच्छ्रमग्निमान्द्यं करोति च ।।15।।

Damp garments induce vitiation of vāta and tremors, inhibit blood formation, cause dysuria and diminish digestive fire[15].

(12)
Silk clothes
(kapodha evaṁ kauśeyavastra dhāraṇa guṇāḥ / कपोध एवं कौशेयवस्त्र धारण गुणाः)

क(त)पोध नैर्लालितमुष्णवीर्यं कौशेयवासः परमं पवित्रम् ।
हेमन्तकाले शिशिरेऽपि पथ्यं समीरकोपप्रशमं करोति । ।16 । ।

Kauśeya vāsa/silk clothes are extremely auspicious, possession of those who meditate, are soft, hot in potency, wholesome in winter and dewy seasons, pacifies aggravated vāta[16].

(13)
Outer garments
(bahiḥ prāvaraṇīya dhāraṇa guṇāḥ / बहिः प्रावरणीय धारण गुणाः)

बहिः प्रावरणीयं तु वातातपनिवारणम् ।
लक्ष्मीपुष्टिकरं हृद्यं सदा गाम्भीर्यवर्धनम् । ।17 । ।

Outer garments protect from wind and Sun, promote fortune, are pleasing to mind and impart grandeur[17].

(14)
Turban, patka, dastar
(uṣṇīśa dhāraṇa guṇāḥ / उष्णीश धारण गुणाः)

हर्षलाघवसौभाग्यकरमुत्साह वर्धनम् ।
पवित्रं केश्यमुष्णीशं वातातपरुजाहरम् । ।18 । ।

Turbans promote happiness, lightness, fortune, and excitement. They are auspicious and protect hair from the ill effects of the wind and the sun[18].

(15)
Upper garment, shirt
(kūrpāsa dhāraṇa guṇāḥ / कूर्पास धारण गुणाः)

निवातातपरजःस्वेदमलघ्नं च यशस्करम् ।
मृदुवर्णकरं पुंसां सुखं कूर्पासधारणम् । ।19 । ।

The upper garment/shirt protects from the absence of wind and Sun, dust, sweat and dirt; and promotes reputation, softness, good complexion and happiness[19].

(16)
Burnt clothes and cloths bitten by rats
(dagdha evaṁ ākhudaṣṭa vastra dhāraṇa guṇāḥ / दग्ध एवं आखुदष्ट वस्त्रधारण गुणाः)

भयशोकप्रदं हन्ति दग्धं पीडाकरं भवेत् ।
तथाखुदष्टं न स्पृश्यं दोषकृच्छ्लूलपाटितम् । ।20 । ।

Burnt clothes generate fear, unhappiness and suffering. Clothes bitten by rats are to be discarded/should not be touched, and those torn by pointed objects vitiate doṣas[20].

(17)
General qualities of clothes
(sāmānya vastradhāraṇa guṇāḥ / सामान्य वस्त्रधारण गुणाः)

वस्त्रं भूषण भूषणं सुरुचिरं सौन्दर्यसंवर्धनम् ।
वर्ण्यं वातनिवारणं दिनमणेस्तीव्रप्रतापच्छिदम् । ।21 । ।
लज्जायाः परिरक्षणाय जनितं दारिद्र्यविद्रावणम् ।
सम्पर्काद्विनोति दोषमधिकं दोषं जयेद्वाह्यजम् । ।22 । ।
(चा.च.)

Clothes are the best (among all) ornaments, impart attraction, promote beauty and complexion, and protect from wind and scorching Sun rays. They are worn to ward off shyness, prevent poverty, and remove external vitiating factors. Contact with other's clothes (wearing clothes already used by others) vitiate doṣa[21-22].

(18)
Avoidable clothing
(varjya vastrāḥ / वर्ज्य वस्त्राः)

मलिनं परवस्त्रं च स्त्रीवस्त्रं च तथैव च ।
खण्डं च मूषिकैर्विद्ध मग्निदग्धं च वर्जयेत् । ।23 । ।
(चा.च)

One should not wear clothes which are dirty, which belong to others, that of women, which are tattered, bitten by rats and those which are burnt[23].

(19)

Wearing soiled clothes

(malinavastra dhāraṇa guṇāḥ / मलिनवस्त्र धारण गुणाः **)**

मलिनं ह्यशिवं तत्तु कण्डूत्वग्दोषकोपनम् ।24। (चा. च.)

Soiled clothes are inauspicious and cause pruritis and skin ailments[24].

(20)

Wearing other's clothing

(paravastra dhāraṇa guṇāḥ / परवस्त्र धारण गुणाः **)**

सुकृतस्य फलं नास्ति परवस्त्र विधारणात् ।25। (चा. च)

Virtue is destroyed by wearing clothes worn by other people[25].

(21)

Cloths worn by women

(strīvastra dhāraṇa guṇāḥ / स्त्रीवस्त्र धारण गुणाः **)**

कार्यहानिर्दुर्भगत्वं स्त्रीवस्त्रेण प्रजायते ।26। (चा. च.)

Wearing feminine clothes inhibits the progress of work and brings misfortune[26].

(22)

Tattered clothes

(khaṇḍavastra dhāraṇa guṇāḥ / खण्डवस्त्र धारण गुणाः **)**

खण्डवस्त्रे वसेज्ज्येष्ठा तस्मात्तत्परिवर्जयेत् ।27। (चा. च.)

Torn clothes are dwelling places of misfortune and should be discarded[27].

(23)

Rat-torn and burnt clothes

(mūṣikअviddha evaṁ dagdha vastra dhāraṇa guṇāḥ / मूषिकविद्ध एवं दग्ध वस्त्र धारण गुणाः **)**

भयदं मूषिकैर्विद्धमग्निदग्धं मृतिर्भवेत् ।28। (चा. च.)

Clothes which are torn by rats induce fear. Burnt clothes cause death[28].

(24)

Woollen clothes

(keśāmbara dhāraṇa guṇāḥ / केशाम्बर धारण गुणाः **)**

केशाम्बरं लघूष्णं स्यादामवातप्रभञ्जनम् ।
शीतवेपथुनाशं च शीतज्वरनिवारणम् ।।29।।

Blankets made of wool (hair) are light, hot, and effective in rheumatism due to āma, prevent cold, tremors, and fever with chills[29].

इति द्रव्यरत्नावल्यां वस्त्रवर्गः समाप्तः

Thus it ends the description of the group of category of clothes in Dravyaratnāvali.

48. FOOD UTENSILS

Bhojana pātrāṇi/ भोजन पात्राणि

Now, the description of food utensils.

(1)
Bronze utensils
(kāṁsyapātra guṇāḥ / कांस्यपात्रोपयोग गुणाः)

भोजनं जयति कांस्यपात्रे रक्तपित्तपरिसर्पणमाशु ।
हृद्यमाहू रुचिदं सुखकारि क्षोभणं जयति नेत्रगदानाम् ।।1।।

Eating in bronze vessel instantly relieves bleeding disorders, good for heart, imparts taste, promotes happiness and prevents eye diseases[1].

(2)
Glass utensils, vessels
(kācapātrōpayōga guṇāḥ / काचपात्रोपयोग गुणाः)

भोजनं काच पात्रे तु वातनुत्पित्तवर्धनम् ।2।

Eating in glass utensils mitigates vāta and aggravates pitta[2].

(3)
Iron and magnet vessels
(āyasa ēvaṁ kānta pātrōpayōga guṇāḥ / आयस एवं कान्त पात्रोपयोग गुणाः)

आयसे कान्तपात्रे वा भोजनं सिद्धिकारकम् ।
शोफपाण्डुहरं वर्ण्यं कामलापहमुत्तमम् ।।3।।

Food consumed in utensils/plates made of iron or magnetite (kāntalauha) causes accomplishment success. It is beneficial for treating oedema, anaemia, and jaundice; it promotes good complexion[3].

(4)
Stone and clay utensils
(śailaja ēvaṁ mṛt pātrōpayōga guṇāḥ / शैलज एवं मृत्पात्रोपयोग गुणाः)

शैलजे मृण्मये वापि भोजनं श्रीनिवारणम् ।।4।।

Utensils made of stone and clay prevent fortune[4].

(5)
Bronze utensils
(āṁsyapātrōpayōga guṇāḥ / कांस्यपात्रोपयोग गुणाः)

भोजनं कांस्यपात्रे तु पित्तश्लेष्महरं परम् ।
दृष्टिप्रसादनं रूक्षं लेखनं विशदं लघु ।।5।।

Meal served in a bronze vessel alleviates pitta and kapha, is good for the eyes, causes dryness, removes impurities from the body, and is non-slimy and easy to digest[5].

(6)
Copper utensils
(tāmrapātrōpayōga guṇāḥ / ताम्रपात्रोपयोग गुणाः)

भोजनं ताम्रपात्रे तु रक्तपित्तास्रनुत्परम् ।
कषायतिक्तकं चैव शिरोवातकरं परम् ।।6।।

Meal served in copper utensils pacifies diseases of blood epistaxis; it is astringent and bitter and vitiates vāta in the head region[6].

(7)
Lead utensils
(sīsapātrōpayōga gunāḥ / सीसपात्रोपयोग गुणाः)

भोजनं सीसपात्रे तु तिक्तोष्णं रूक्षमुच्यते ।
कफपित्तहरं चेति तद्वल्लोहजसंस्थितम् ।।7।।

Meals consumed from the lead vessels are bitter, hot, and dry, alleviating kapha and pitta. Iron vessels also have the same properties[7].

(8)
Banana leaf platter
(kadalīpatrōpayōga guṇāḥ / कदलीपत्रोपयोग गुणाः **)**

वातश्लेष्महरं शुद्धं कदलीपत्रभोजनम् । दीपनं वृष्यमायुष्यं हृद्यं रुचिकरं परम् ।।8।।
सर्वपापहरं मेध्यं शोभने च प्रशस्यते ।9।

Food served in banana leaf pacifies vāta and kapha, is pure/auspicious, kindles appetite, aphrodisiac, increases longevity, pleasing to the mind, imparts taste, destroys all sin, promotes intellect and is magnificent[8-9].

(9)
Bengal kino leaf platter
(pālāśapatrōpayōga guṇāḥ / पालाशपत्रोपयोग गुणाः **)**

पालाशं पित्तकृच्छुद्धं वातश्लेष्महरं परम् । गुल्मदोषप्रशमनं सर्वोदरविनाशनम् ।।10।।

Food served in utensils made with Bengal kino (palāśa) leaves aggravate pitta, alleviate vāta and kapha, pure/auspicious and beneficial in relieving abdominal lumps and all diseases of the abdomen[10].

(10)
Jack fruit leaf platter
(panasapatrōpayōga guṇāḥ / पनसपत्रोपयोग गुणाः **)**

पत्रं पनसजं श्रेष्टं भोजनेषु रुचिप्रदम् । वातश्लेष्मप्रशमनं पित्तलं ब्रुंहणं सदा ।।11।। अग्निमान्द्यकरं चैव श्रीसौभाग्यविवर्धनम् ।12।

Food served on plates made with the leaves of jack fruit (panasa) is best, tasty, alleviates vāta and kapha, aggravates pitta, imparts nourishment always, diminishes digestive fire and promotes prosperity and good fortune[11-12].

(11)
Mango leaf platter
(cūtapatrōpayōga guṇāḥ / चूतपत्रोपयोग गुणाः **)**

चूतपत्रं रुचिकरं श्रीसौभाग्यविवर्धनं । पित्तश्लेष्मविनाशनं च चूतपत्रेषु भोजनम् ।।13।।

Food served on plates made with mango leaves promotes taste, wealth and good fortune, alleviating pitta and kapha[13].

(12)
Aquatic plant leaf platter
(jalajapatrōpayōga guṇāḥ / जलजपत्रोपयोग गुणाः **)**

कुमुदं चोत्पलं चैव रक्तोत्पलमथैव च । सर्वं वै जलजं पत्रं भोजनेषु विवर्जयेत् ।।14।।

Food served on plates made with the leaves of lotus (kumuda), water lily (utpala), red water lily (raktotpala) and other aquatic plants should be avoided/rejected[14].

(13)
Gold platter, utensils
(sauvarṇapātrōpayōga guṇāḥ / सौवर्णपात्रोपयोग गुणाः **)**

सौवर्णे भोजनं पथ्यं पुष्टिदं बृंहलक्षणम् ।15।

Food on a gold plate is wholesome, strengthening and nourishing[15].

(14)
Silver platter, utensils
(tārapātrōpayōga guṇāḥ/ / तारपात्रोपयोग गुणाः **)**

तारं पित्तप्रशमनं श्लेष्मनुद्वातलं तथा ।16।

Food consumed on a silver plate pacifies pitta and kapha, aggravating vāta[16].

इति द्रव्यरत्नावल्यां भोजनपात्राणि.

Here ends the description of food utensils in Dravyaratnāvali.

49. THERAPEUTIC SMOKE GROUP

Dhūmavargamāha/ धूमवर्गमाह

Now, the description of the category of fumigants Generally, the term "dhūmapāna" indicates inhalation of medicated smoke through nostrils, and "dhūpa" means smoke emanating from a burning smoke-wick. Occasionally, these terms are interchangeable.

(1)
Cold smoke
(śītadhūpa guṇāḥ / शीतधूप गुणाः)

कस्तूरीघनसारकुङ्कुमनखैर्लाक्षातुरुष्कान्वितैः ।
श्रीगन्धागरुकुष्ठमाक्षिकयुतैर्धूपो दशाङ्गैः कृतः ।।1।।
स्त्रीणां हन्ति विगन्धितां वितनुते सौगन्ध्यमत्युत्तमम् ।
सौभाग्यं कुरुते मृदुत्वमनसां धत्ते तनोति प्रियम् ।।2।।

Therapeutic wick prepared smoke-wick with the combination of the following ten substances, viz, musk (kastūrī), camphor (ghanasāra), saffron (kumkuma), tiger's foot plant (nakham), lac (lākṣā), Turkish sweet gum (turuśka), sandalwood (śrīgandha), eagle wood (aguru), crepe ginger (kuṣṭha) and honey (mākṣika) is known as daśāṅga-śītadhūpa. This smoke removes bad body odour from women, imparts good fragrance and good fortune, and is considered dear to sensitive (soft-minded) persons [1-2].

(2)
Smoke with ten ingredients
(daśāṅgadhūpa / दशाङ्गधूपम्)

मांसीगुग्गुलुदेवधूपविजयातुल्याश्चतुर्भिर्घना- ।
भोगैर्द्वादशभिर्गुडं समुदितं कुष्ठं तदर्धं भवेत् ।।3।।
शैलेयं त्रिगुणं द्विभागमुदितं लाक्षानखं पञ्चभिः ।
सर्वं सन्मिलितं वदन्ति विबुधाः धूपं दशाङ्गाह्वयम् ।।4।।

As opined by intellects, the smoke-wick prepared with the mixture of four parts each of spikenard (jaṭāmāṁsī), guggulu, Himalayan cedar (devadāru) chebulic myrobalan (vijayā), twelve parts of camphor (karpūra) and jaggery (guḍa), six parts of crepe ginger (kuṣṭha), three parts of the stone flower (śaileyam), two parts of lac (lākṣā) and five parts of tiger's foot plant (nakham), all these together are called as daśāṅgadhūpa [3-4].

(3)
Black agarwood smoke
(kṛṣṇāgurudhūpaṁ / कृष्णागुरुधूपं)

समीरणकुलं जह्यात्कफव्याप्तिविशोषणः ।
सुगन्धी मधुरो हृद्यः कृष्णः कालागरूत्थितः ।।5।।

The smoke of agarwood (kṛṣṇāgaru) smoke-wick pacifies diseases due to vāta, prevents the spread of kapha, promotes good fragrance, is sweet and is wholesome for the heart [5].

(4)
Sandal wood smoke
(śrīkhaṇḍa, gandha dhūpa / श्रीखण्ड, गन्ध धूपम्)

श्रीखण्डधूपश्रिश्रियामातनोति मनोहरः कान्तिकरः प्रदिष्टः ।
कफं सपित्तं पवनंनिहन्यात्पुण्यः पवित्रं सततं निषेव्यः ।।6।।

Sandal wood (srīgandha) smoke-wick promotes prosperity, is pleasing to the mind, enhances complexion, eliminates diseases of kapha, pitta and vāta; It is pious, holy and is ideal for regular use [6].

(5)
White agarwood smoke
(śvetāgurudhūpaṁ / श्वेतागुरुधूपम्)

श्वेतागरुभवो धूपः पुण्यः किल्बिषनाशनः ।
सर्वदेववशं कुर्यात् कामलाकामदायकः ।।7।।

Smoke-wick with white variety of agarwood (śvetāguru) is auspicious, destroys sins, helps acquire commanding power over gods (sarvadevavaśam), relieves jaundice and fulfils desires [7].

(6)
Himalayan cedar smoke
(devadārūdhūpa guṇāḥ / देवदारुधूप गुणाः **)**

देवदारूद्भवो धूपः देवानां प्रियदायकः ।
निहन्ति पवनाकोपं कफघ्नो वह्निदीपनः ।।8।।

The smoke of Himalayan cedar (devadāru) is beloved by gods, pacifies aggravated vāta, alleviates kapha and ignites digestive fire [8].

(7)
Vetiver smoke
(uśīradhūpa guṇāḥ / उशीरधूप गुणाः **)**

सेव्यसेव्योद्भतो धूमः सुगन्धोत्सुकमानवैः ।
हितोऽसौ मारुतार्तानां सर्ववर्णवतां हितः ।।9।।

Smoke-wick with uśīra promotes good fragrance anxiety, is good for people suffering from vāta disorders, and promotes good voice and complexion [9].

(8)
Valak smoke
(kuruverudhūpa guṇāḥ / कुरुवेरुधूप गुणाः **)**

हितः पित्तोपशमनः कफकोपनिवारणः ।
समीरणकुलक्षोभहन्ता धूमोऽञ्ज(ञ्ग)सम्भवः ।।10।।

The smoke of valak smoke is effective in alleviating pitta, aggravated kapha and all types of disorders of vāta [10].

(9)
Guggulu smoke
(gugguludhūpa guṇāḥ / गुग्गुलुधूप गुणाः **)**

धूपो गुग्गुलुसम्भवो विनिहरेद्दुर्वारहिक्कां क्षणात् ।
कायाग्नेरुदयं तनोति पवनक्षोभं समुन्मूलयेत् ।।11।।
देवाराधनपूजितो विषहरः सर्वग्रहध्वंसनः ।
कान्तिं सन्ततुते व्रणेषु च हितःश्लेष्मप्रकोपं जयेत् ।।12।।

Guggulu smoke relieves chronic incurable hiccough (hikka), stimulates digestive fire, prevents aggravation of vāta, is best to be used in the worship of deities, eliminates poison and all types of possession by spirits (graha), imparts good complexion, is beneficial in the wounds and pacifies aggravated kapha [11-12].

(10)
Sal resin smoke
(sarjarasadhūpa guṇāḥ / सर्जरसधूप गुणाः **)**

सद्यस्सज्जरसोद्भतो विनिहरेद्धूमः प्रचण्डानिलान् ।
श्लेष्माणं प्रबलं च सञ्चितमहनाडीव्रणादीनपि ।।13।।
भूतप्रेतपिशाचजङ्गमभय प्रध्वंसनः पाचनो ।
देवानां प्रियकृत्प्रियतमासङ्गोत्सुकानामपि ।।14।। **(चा. च)**

Sal resin smoke is effective in relieving aggravated vāta disorders instantly, aggravated diseases of kapha and chronic sinus wounds; eradicates fear of evil beings (bhūta), dead and decaying (preta) and animals (jaṅgama), improves digestion, pleasing to the deities, promotes eagerness, curiosity in the lovers while meeting their beloved ones [13-14].

(11)
Spikenard smoke
(jaṭāmāṁsīdhūpa guṇāḥ / जटामांसीधूप गुणाः **)**

मांसीधूमो मानसं दुःखजातं वातोद्रेकं श्लेष्मकोपं भिनत्ति ।
निद्राजाड्य स्तैमिरं गात्रयष्टेः भुतप्रेतव्रातभङ्गं करोति
।।15।।

Spikenard smoke alleviates depression, aggravates vāta and kapha, induces sleep and lethargy, imparts stability to the body, and eradicates evil beings (bhūta), dead and decaying (preta) [15]. Note: "mustādhūpam (Telugu) is the title given in the manuscript, whereas the term "maṁsī" stands
jaṭāmaṁsī=spikenard=*Nordostachys jatamamsi*

(12)
Daśāṅgadhūpa
(daśāṅgadhūpa guṇāḥ / दशाङ्गधूप गुणाः **)**

हरीतकीगुग्गुलुसर्ज साराः मांस्यस्समांशा नखकुष्ठलाक्षाः ।
शैलेयमुस्तागुडमत्रपंचषड्भिस्त्रिभागैः क्रमशश्चतुर्भिः ।।16।।

सदादशैस्सर्वमिदं दशाङ्गधूमो निहन्यात्सकलान् गदांश्च ।
देवादियोग्यः खलु कामुकश्रीसमस्तदोषग्रहवारणश्च ।।17।।

One part each of chebulic myrobalan (harītakī), guggulu, sal resin (sarjarasa), spikenard (jaṭāmaṁsī), five parts of stone flower (śaileya), six parts of nut grass (mustā) and twelve parts of guḍa mixed is known as daśāṅgadhūpa. It eradicates all types of diseases, is considered best for the worship of gods, is dear to those aspiring for prosperity and removes possession of all graha [16-17].

(13)
Crepe ginger smoke
(kuṣṭhādidhūpa guṇāḥ / कुष्ठादिधूप गुणाः)

कुष्ठस्सर्जरसो लवङ्गजटिलानागाह्वयं शैलजां ।
देवक्षोणिभुजां मदं च न समं लाक्षाभया गुग्गुलुः ।।18।।
तालीसं हिमसेव्यवारि च नखं स्थौणेयजातीफलम् ।
तत्सर्वं गुडलोलितं त्रिजगती संमोहनं धूपनम् ।।19।।

The smoke from the wick prepared from the following ingredients viz., Crepe ginger (kuṣṭha), sal resin (sarjarasa), clove (lavaṅga), spikenard (jaṭāmāṁsī), cobra saffron (nāgakesara), stone flower (śailajaṁ), lac (lākṣā), chebulic myrobalan (abhayā/harītakī), guggulu, English yew leaf (tālīsapatra), camphor (karpūra), vetiver (uśīra), hill gory bower (sthauṇeya), nutmeg (jātīphalam) mixed with jaggery is very dear for gods. It deludes and stupefies all the three worlds [18-19].

(14)
Lac smoke
(lākṣādidhūpa guṇāḥ / लाक्षादिधूप गुणाः)

नेत्राभिघातोदितदोषहन्ता वातादिदोषप्रशमं तनोति ।
धूमोऽपि लाक्षाप्रभवो जनाना मानन्दकृत्कान्तिकरो मनोज्ञः ।।20।।

Fumigation with lac (lākṣa) relieves complications arising due to eye injuries, diseases due to vāta; promotes joy, glow of skin and is pleasing to the mind [20].

(15)
Chebulic myrobalan smoke
(harītakīdhūpa guṇāḥ / हरीतकीधूप गुणाः)

हरीतकी भवो धूमः सर्वक्लेशनिवारणः ।
कफदोषहरो मेध्यः सर्वग्रहनिवारणः ।।21।।

Smoke from Chebulic myrobalan (harītakī) smoke is a panacea for all ailments, mitigates kapha, promotes intellect, and removes all possession and afflictions [21].

(16)
Crepe ginger smoke
(koṣṭhudhūpa guṇāḥ / कोष्ठुधूप गुणाः)

कोष्ठुधूमो जयेद्व्याधीन् कफजान्वातजानपि ।
दुर्वारग्रहविध्वंसी देवतानां मनोहरः ।।22।।

Crepe ginger (kuṣṭha) smoke pacifies diseases of kapha and vāta, eradicates chronic incurable possessions and is pleasing to gods [22].

(17)
Jaggery smoke
(gaṇḍadhūpa guṇāḥ / गण्डधूप गुणाः)

गण्ड(गुड)धूमोऽग्निकृद्वृष्यः कायकान्तिविवर्धनः ।
सर्वग्रहाणां देवानां सान्द्रानन्दविवर्धनः ।।23।।

Jaggery smoke kindles digestive fire, acts as an aphrodisiac, promotes body complexion, and brings contentment and happiness to all (nine) planets and deities [23].

(18)
Nimba smoke
(nimbapatradhūpa guṇāḥ / निम्बपत्रधूप गुणाः)

निम्बपत्रभवो धूमः सर्वामयनिकृन्तनः ।
भूतप्रेतपिशाचानां वारको दृष्टिदोषजित् ।।24।।

Nimba smoke eradicates all types of disease, prevents affliction from extraneous elements viz., evil beings (bhūta), dead and decaying (preta), demons (piśāca) and relieves disorders of sight [24].

(19)
Peacock feather smoke
(mayūrapiṁchadhūpa guṇāḥ / मयूरपिंछधूप गुणाः)

मयूरपिंछजो धूमो वृश्चिकादिविषापहा ।
वातश्लेष्मोद्भवान् रोगान् पीता शरवद्व्यपोहति ।।25।।

Smoke released by burning peacock feathers is an antidote to scorpion poison, it eradicates diseases of kapha and vāta as if removed with arrows [25].

(20)
Snake molt smoke
(sarpakaṁcukadhūpa guṇāḥ / सर्पकंचुकधूप गुणाः)

सर्पकंचुकजो धूमो बालग्रहविमोचनः ।
अपस्मारादिकान् रोगान् त्रिदोषजनितान् जयेत् ।।26।।

The smoke of snake moult (shedding of snake skin) relieves possession of children by evil spirits (bālagraha), which is beneficial in diseases caused by tridoṣa, such as epilepsy [26].

(21)
Hair smoke
(keśādidhūpa guṇāḥ / केशादिधूप गुणाः)

केशादि धूमो जयेत्क्लेशान् भूतभेतालकोत्थितान् ।
समीरणरुजं हन्ति तथा कफसमुद्भवान् ।।27।।

The smoke of hair and others is helpful in afflictions caused by evil beings (bhūta) and bhetāla; effective in diseases of vāta and kapha [27].

(22)
Mustard smoke
(sarṣapadhūpa guṇāḥ / सर्षपधूप गुणाः)

धूमस्सर्षपजो ज्ञेयो ग्रहापस्मारनाशनः ।
सर्वरक्षाकरं नृणां कफमारुतशान्तये ।।28।।

The smoke of mustard eradicates the evil effects of graha epilepsy, protects from all types of vitiation, and mitigates kapha and vāta [28].

(23)
Muskrat root smoke
(vacādhūpa guṇāḥ / वचाधूप गुणाः)

वचासमुत्थितो धूमो यक्षराक्षसवारकः ।
समस्तदोषशमनस्सर्वापस्मारनाशनः ।।29।।

The smoke of burning muskrat root (vacā) is an antidote to the afflictions of yakṣa and rākṣasa, pacifies all doṣa, and eliminates all types of epilepsy [29].

(24)
Cotton seeds smoke
(kārpāsabījadhūpa guṇāḥ / कार्पासबीजधूप गुणाः)

कार्पासबीजजो जह्याद्दुष्टग्रहविजृम्भणम् ।
समीरणकफार्तस्य सूतिकायाः प्रशस्यते ।।30।।

The smoke of cotton seeds prevents the malefice of duṣṭa graha and effectively treats post-partum complications arising due to vitiated vāta and kapha [30].

(25)
Garlic smoke
(laśunadhūpa guṇāḥ / लशुनधूप गुणाः)

धूमो लशुनजो हन्ति सर्वपैशाचकादिकम् ।
समीरणहरस्तीक्ष्णः कफं चाशु नियच्छति ।।31।।

Garlic smoke eradicates all complications of piśāca, instantly pacifies vitiated vāta and kapha and is sharp and penetrating [31].

इति द्रव्यरत्नावल्यां इति धूपवर्गःसमाप्तः

Thus it ends the description of the group of fumigants in Dravyaratnāvali.

50. HAND FAN GROUP

Atha vyajanavargaḥ / अथ व्यजनवर्गः

Now the description of category of hand fans/flabella

(1)
Coconut foliage fan
(nārikelapatrasya vyajana guṇāḥ / नारिकेल पत्रस्य व्यजन गुणाः **)**

रक्तपित्तहरं वृष्यं स्वेदघ्नं बृंहणं गुरु ।
श्रमक्लमहरं हृद्यं तुङ्गवृन्तेन जायते ।।1।।

Fan made from coconut leaves alleviates epistaxis, aphrodisiac, deodorant (anti-perspirant), promotes nourishment, heavy, removes physical exhaustion and fatigue and is pleasing to mind[1].

(2)
Pandanus foliage fan
(ketakīpatra vyajana guṇāḥ / केतकीपत्र व्यजन गुणाः **)**

वातश्लेष्मप्रशमनं स्वेदमेदोविनाशनम् ।
रक्तपित्तहरं वृष्यं केतकी वृन्तलक्षणम् ।।2।।

Hand fan made with pandanus (ketakī) leaves mitigates vāta, and kapha, diminishes sweat and fat, alleviates epistaxis, and acts as an aphrodisiac[2].

(3)
Peacock feather fan
(barhivṛnta vyajana guṇāḥ / बर्हिवृन्त व्यजन गुणाः **)**

बर्हिवृन्तानिलं वृष्यं सुस्निग्धमनिलापहम् ।
आयुष्यं शीतलं हृद्यं बृंहणं बलवर्धनम् ।।3।।

Air from a hand fan made with peacock feathers is aphrodisiac, unctuous, pacifies vāta, promotes long life, is cold, pleasing to the mind, nourishing and strengthening[3].

(4)
Vetiver fan
(uśīra vyajana guṇāḥ / उशीर व्यजन गुणाः **)**

रक्तपित्तहरं वृष्यं शीतलं बृंहणं परम् ।
चक्षुष्यं विषदाहघ्नं सेव्य वृन्तानिलापहम् ।।4।।

Hand fan made with vetiver (uśīra) relieves epistaxis, is aphrodisiac, cold, nourishing, good for eyes, and alleviates poison and burning sensation[4

(5)
Bamboo foliage fan
(veṇuvṛnta vyajana guṇāḥ / वेणुवृन्त व्यजन गुणाः **)**

वेणुवृन्तानिलं वृष्यं तीक्ष्णं पित्तकरं लघु ।
बलघ्नं रक्तदूष्यं च श्रमस्वेदविनाशनम् ।।5।।

A hand fan made with bamboo leaves is aphrodisiac and sharp, aggravates pitta and is light, diminishes strength, vitiates blood, and relieves exhaustion and perspiration[5].

(6)
White whisk fan
(vālavyajana guṇāḥ / वालव्यजन गुणाः **)**

वालव्यजनमोजस्यं मक्षिकादि व्यपोहति ।6।

White whisk fan (swatter) is an aphrodisiac and drives away flies, etc. [6].

(7)
Fanning with fly whisk
(vālavyajana guṇāḥ / वालव्यजन गुणाः **)**

वालव्यजनमोजस्यं स्वेद तृड्डाहनाशनम् ।
बुद्धिप्रमोदनं मूर्छा श्रमघ्नं सुखकारकम् ।।7।।

A fly whisk is an aphrodisiac, relieves perspiration (sweat), polydipsia and burning sensation, promotes intellect,

prevents syncope (fainting) and exhaustion, and promotes happiness[7].

(8)
Horse hair fan
(turaṅgavālavyajana guṇāḥ / तुरङ्गवालव्यजन गुणाः **)**

तुरङ्गवालव्यजनं मक्षिकामशकापहम् ।**8** ।

Fan made with horse-hair drives away flies and mosquitoes[8].

(9)
Peacock feather fan
(barhapicchāvyajana guṇāḥ / बर्हपिच्छाव्यजन गुणाः **)**

तद्वत्केकि वातमाहुः श्रीसौभाग्यराज्यप्रदम् ।**9** ।

Air from a fan made with peacock feathers is similar to the above and promotes prosperity, good fortune and kingdom[9].

(10)
Qualities of Hand Fan
(vyajana guṇāḥ / व्यजन गुणाः **)**

दोषदाहश्रमस्वेद मूर्छाघ्नो व्यजनानिलः ।**10** ।

The air of a hand-crafted fan eradicates doṣa, burning sensation, exhaustion, perspiration and syncope[10].

(11)
Palm foliage fan
(tālapatravyajana guṇāḥ / तालपत्रव्यजन गुणाः **)**

ताल वृन्तानिलं त्रोदोषशमनं विदुः ।**11** ।

Hand fan made with palm leaves mitigates tridoṣa[11].

(12)
Date palm foliage fan
(kharjūrapatravyajana guṇāḥ / खर्जूरपत्रव्यजन गुणाः **)**

खर्जूरीव्यजनोद्भूतपवनं शीतलं विदुः ।**12** ।

Air of hand-fan made with leaves of date palm is cold[12].

(13)
Bamboo fan
(vaṁśavyajana guṇāḥ / वंशव्यजन गुणाः **)**

वंशव्यजनकः कोष्णो वातपित्तप्रकोपनः ।**13** ।

Hand fan made with Bamboo is slightly hot and aggravates vāta and pitta[13].

इति द्रव्यरत्नावल्यां व्यजनवर्गः समाप्तः

Thus it ends the description of hand fans in Dravyaratnāvali.

51. RESIDENCE, PLACE OF HABITATION

Atha vāsasthānavargaḥ / अथ वासस्थानवर्गः

Now, the category of residence, place of habitation

(1)
Stone house
(śailanirmitagṛha guṇāḥ / शैलनिर्मितगृह गुणाः)

शैलगेहमतिरम्यगुणाढ्यं वातपित्तकफदोषविनाशम् ।
पुष्टिदं च बलवर्धनवृष्यं निर्भयं सकल लक्षणवश्यम् ।।1 ।।

Houses built with stone are very beautiful, possess good qualities, alleviate vāta, pitta and kapha, are nourishing, strengthening, aphrodisiac and eliminate all types of fear[1].

(2)
Blue tents
(nīlavastranirmitagṛha guṇāḥ / नीलवस्त्रनिर्मितगृह गुणाः)

नीलवस्त्रविनिर्मितगेहं शमयति वातविकारं सर्वम् ।
उष्णगुणं कफदोषविनाशं स्यादिति कथितं बाहटेन ।।2।।

Blue-coloured tents (thatched houses) alleviate all types of diseases of vāta and, due to their hot nature, mitigate kapha, as told by Bāhaṭa[2].

(3)
White tents
(dhavalapaṭakuṭīra guṇāḥ / धवलपटकुटीर गुणाः)

धवलपटकुटीरं शीतलं वातकारि ।
प्रतिदिनतदन्तर्वासिनां स्यान्नराणाम् ।।3।।

Persons residing in tents made of white-coloured cloth get cold (comfort) and get vāta aggravated [3].

इति द्रव्यरत्नावल्यां वासस्थानवर्गः समाप्तः

Thus it ends the description of hand fans in Dravyaratnāvali.

52. INTIMACY WITH WOMEN

Atha strīsevā / अथ स्त्रीसेवा

Now, the description enjoyment with women.

(1)
Union with woman
(strīsaṅgama guṇāḥ / स्त्रीसङ्गम गुणाः)

स्त्रीसङ्गम गुणाःवातं जयत्यति घनेन कुचेन मर्दः ।
पित्तं जयन्ति वनिताधरपानयोगाः ।।1।।
श्लेष्माणमप्यतिघनेन रतेन तेन ।
प्रायस्त्रिदोष शमनं च वपुस्तरुण्याः ।।2।।

Massaging the firm breasts of a woman alleviates vāta in a man; kissing her on the lips pacifies pitta, and vigorous intercourse with her mitigates kapha. Thus, the female body corrects tridoṣa[1-2].

(*)
Alternate text
(granthāntare / ग्रन्थान्तरे)

नारीपीनपयोधरौ नु हरतो वातं च पुंसस्सदा ।
पानं हन्त्यधरस्य पित्तमपि च श्लेष्मान्तकं चुम्बनम् ।।3।।
तासामेव हि सङ्गमं च कुरुते दोषत्रयाणां शमम् ।
नानारोगनिवारणाय प्रथितः स्त्री सङ्गमः सर्वदा ।।4।।

Breast of women mitigates vāta in men. Kissing lips pacifies pitta and kissing relieves kapha. Copulating her alleviates all the three doṣa. Sexual intercourse with woman is said to be beneficial in preventing various types of diseases[3-4].

(2)
Coitus with wife
(svastrīsaṅgama guṇāḥ / स्वस्त्रीसङ्गम गुणाः)

कुलाङ्गनासङ्ग मवृष्यहारि हरं त्रिदोषशमनं न भेदि ।
सन्धानकारी मदपापहारी स्वर्गे परं शीतलपित्तकारि ।।5।।

Sexual intercourse with wife is aphrodisiac, alleviates tridoṣa, not violating, promotes bonding, relationship, helps eliminate effects of intoxication and destroys sin; imparts heavenly pleasure, is cold and (in excess) aggravates pitta[5].

(3)
Sex with very young woman
(bālāstrīsaṅgama guṇāḥ / बालास्त्रीसङ्गम गुणाः)

किञ्चिदुष्णं मनोहर्षं दीपनं देहलाघवम् ।
नाडीषु निर्मलत्वं च बालास्त्रीभोगलक्षणम् ।।6।।

Copulation with very young women promotes a bit of hotness, imparts pleasure to the mind, kindles appetite, induces lightness in the body and clears the vessels' channels[6].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

उत्साहकारि श्लेष्मघ्नं मेहपित्तविनाशनम् ।
वीर्यवृद्धिकरं चैव बालास्त्रीसङ्गमं तथा ।।7।।

Sex with very young women induces excitement, mitigates kapha, polyuria and pitta, and promotes semen formation[7].

(4)
Coitus with young woman
(yauvanastrīsaṅgama guṇāḥ / यौवनस्त्रीसङ्गम गुणाः)

पञ्चेन्द्रियप्रीतिकरं च सौख्यं वातं च पित्तं च करोति बल्यम् ।
केकीगतिर्नाडिषु यौवनस्त्री सम्भोगचिह्नं समुदाहरन्ति ।।8।।

Sexual intercourse with adolescent woman imparts satiation to the five sense organs, promotes happiness, aggravates vāta and pitta, causes strength, induces pulsations similar to peacock in the vessels circulating energy[8].

(5)

Coitus with middle-aged woman

(prauḍhāstrīsaṅgama guṇāḥ / प्रौढास्त्रीसङ्गम गुणाः)

ज्ञानं च दीपनं चैव मन्मथोद्रेककं लघु
राजहंसगतिर्नाडी प्रौढा स्त्री भोगलक्षणम् ।।9।।

Having sex with middle-aged women imparts expertise/proficiency, kindles appetite, and stimulates sexual arousal lightness. Swan movement, like pulse, is a sign of sexual intercourse with middle-aged women [9].

(6)

Sex with fickle minded woman

(lolāstrīsaṅgama guṇāḥ / लोलास्त्रीसङ्गम गुणाः)

मान्द्यं जडत्वं मन्दाग्नि मरुचिं मारुतोद्भवम् ।
माहिषी गतयो नाड्यः लोलास्त्रीभोगलक्षणम् ।।10।।

Intercourse with a fickle-minded woman induces dullness and laziness, diminishes digestive fire, causes loss of taste, and aggravates vāta. Buffalo movement-like pulse is a sign of sexual intercourse with a fickle-minded woman [10].

(7)

Sexual Intercourse frequency as per the season

(ṛtvanusārastrīsaṅgama guṇāḥ / ऋत्वनुसारस्त्रीसङ्गम गुणाः)

सेवेत कामतः कामं तृप्तोवाजीकृतो हिमे ।
त्र्यहाद्वसन्तशरदोः पक्षाद्वृष्टिनिदाघयोः ।।11।। (अ. हृ)
रतिकालैकशयनमन्यत्काले पृथक्स्थी ।
स्त्रीणां श्वासानिलैः पुंसां दुर्बलत्वं प्रजायते ।।12।। (चा. च.)

During the snowy and cold seasons, a person can indulge in copulation by using aphrodisiacs for complete satisfaction and multiple times: Once in three days in spring and autumn and once in a fortnight in the rainy and summer seasons. (A.H.Su) [11-12].

Even though men and women sleep on the same couch during sex, at other times, they are advised to sleep separately. A woman's exhaled air (during breathing) causes weakness in a man (and vice versa).

इति द्रव्यरत्नावल्यां स्त्रीसेवावर्गः समाप्तः

Thus it ends the description of the group coitus with women in Dravyaratnāvali.

53. MERCURY AND MINERALS

Atha rasādivargaḥ / अथ रसादिवर्गः

Now, the description of the category of mercury, other metals and minerals

(1)
Mercury
(pārada guṇāḥ / पारद गुणाः)

पारदः क्रिमिकुष्ठघ्नो चक्षुष्यो बलवर्धनः ।
दीपनो रोचनो वृष्यस्त्रिदोषघ्नो रसायनः ।।1।।

Mercury eliminates worm infestation, skin ailments, is good for eyes, strengthening, kindles appetite, imparts taste, acts as an aphrodisiac, pacifies tridoṣa and aids rejuvenation[1].

(2)
Purified Mercury
(śodhitapārada guṇāḥ / शोधितपारद गुणाः)

पारदस्सकलरोगनाशनः षड्रसो निखिलयोगवाहकः ।
पञ्चभूतमय इत्युदाहृतो येन तद्गुणगणैर्हि गण्यते ।।2।।

Mercury, which has undergone purification methods eradicates all diseases, enhances the qualities of six rasas, acts as "yogavāhi" for all substances, which carry the qualities of the substance with which it is associated, composed of five fundamental elements and promotes qualities of respective substances[2].

(3)
Sulphur
(gandhaka guṇāḥ / गन्धक गुणाः)

गन्धकः कटुकः पाके वीर्येणोष्णो लघुस्सरः ।
विसर्पकुष्ठ कण्डूतिक्रिमिगुल्मक्षयापहः ।।3।।
अक्षिरोगप्रशमनो वृष्यो विषगरार्तिजित् ।
सर्वसिद्धिकरो बल्यस्त्रिदोषघ्नो रसायनः।।4।।

Sulphur is pungent in taste and in post digestive state, hot in potency, easy to digest and is laxative. It is beneficial in acute spreading eruptions, integumentary disease, pruritis, worm infestation, abdominal lump, tuberculosis, eye diseases, diseases of poison and artificial poison; acts as an aphrodisiac, bestows universal success, strengthening, rejuvenating and alleviates tridoṣa[3-4].

(4)
Unpurified Sulphur
(aśodhitagandhaka guṇāḥ / अशोधितगन्धक गुणाः)

करोत्यशोधितं कुष्ठं पित्तकोपभ्रमं रुजम् ।
हन्ति रूपं बलं वीर्यं गन्धकं शोधयेत्ततः ।।5।।

Sulphur, which has not undergone purificatory methods, causes skin ailments, pitta diseases, giddiness and pain; it diminishes beauty, strength and semen. Hence, it should be purified[5].

(5)
Red mercury sulphide
(sindhūra guṇāḥ / सिन्धूर गुणाः)

सिन्धूरं शुद्धसूतं विषधरजननं रक्तरेणुश्च वर्णम् ।
पैत्यं वाते न शीतं कफानिलहितं विंशतिमेहशान्तिम् ।।6।।
शूलोदावर्तगुल्मं प्लीहगुदमर्शः सन्धिशूलोग्रगन्धि ।
दीप्ताग्निर्धातुसौख्यं दीपनं देहपुष्टिम् ।।7।।
बल्यं श्रीसौख्यसङ्गं ज्वरमरणभयं कान्तिमायुः प्रसन्नम् ।
वाचासिद्धिं रसेन्द्रं सकलरुजहरं सर्वसिद्धिं रसेन्द्रम् ।।8।।

Red mercury sulphide (rasasindhūra) is obtained from purified mercury. It is particulate and is red. It increases pitta and is not cold; it pacifies kapha and vāta; it is beneficial in twenty types of polyuria, colicky pain, obstipation, abdominal lump, splenic disorders, proctalgia, haemorrhoids and arthritis. It has a strong odour, stimulates digestive fire, aids tissue development, kindles appetite, nourishes the body, imparts strength, prosperity and happiness, eliminates fear of death due to fever, and promotes lustre, longevity of life, excellence and perfection in speech (vāksiddhi) (whatever he/she speaks comes true. It relieves all diseases (pain) and imparts accomplishment[6-8].

(6)
Co-administers with medicine
(anupāna guṇāḥ / अनुपान गुणाः)

ज्वरेषु जीरकृष्णाभ्यां निर्गुण्डी सन्निपातके ।
घृताक्तेन सितायुक्ते रक्तपित्ते च योजयेत् ।।9।।
अरुचौ मातुलुङ्गेन लाजचूर्णेन छर्दिषु ।
मदात्यये जम्बुनीरे तथायुक्तेषु योजयेत् ।।10।।
चतुस्समेन गन्धेन रक्तपित्तेषु योजयेत् ।
शुण्ठीजीरक जात्याभिर्विषूच्यां च विशेषतः ।।11।।
शार्ङ्गेर्या ग्रहणीदोषे सायं घृष्टिहरीतक्या ।
अथवा भृष्टशुण्ठी च सशूले सम्प्रवाहिके ।।12।।

Co-administers with medicine like cumin (jīraka) and long pepper (pippalī) in fever, Five leaved chaste (nirguṇḍī) in conditions involving all the three vitiated sannipāta, ghee and sugar in epistaxis, mātuluṅga in anorexia, powder of puffed rice (lājā) in vomiting, lemon juice in intoxication are to be used accordingly. In epistaxis "anupāna" to be used along with four parts of sulphur (gandhaka), along with dry ginger (śuṇṭhī), cumin (jīraka) and nutmeg (jāti) in acute gastro-enteritis, with cāngerī in disorders of lower gastrointestinal tract, in the evenings along with harītakī or with fried śuṇṭhī in dysentery associated with pain[9-12].

Note: Here, the juice or decoctions of the respective drugs mentioned are to be used as anupāna.

(7)
The eight principle metals
(aṣṭalohaḥ / अष्टलोहाः)

स्वर्णं तारं ताम्रनागं वङ्गं कान्तं च तीक्ष्णकम् ।
मुण्डान्तमष्टधा लोहं कांस्यं वर्तं च पित्तलम् ।।13।।
उपलोहसमाख्यातं मडूरो मुण्डकिट्टकः ।14।

Eight principle metals are: gold (svarṇa), silver (tāra), copper (tāmra), lead (nāga), tin (vaṅga), magnetite (kāntaloha), ferrus turnings-medium quality (tīkṣnaloha), inferior quality (muṇḍa). Bronze (kāmsya), bell metal (vartam), brass (pittalam), iron oxide (manḍūra), and mundakitta are known as upaloha[13-14].

(8)
Medicinal Gold ash
(suvarṇabhasma guṇāḥ / सुवर्णभस्म गुणाः)

एतद्भस्म सुवर्णजं कटु घृतोपेतं द्विगुञ्जोन्मितम् ।
लीढं हन्ति नृणां क्षयाग्निसदनं श्वासं च कासारुचिम् ।।15।।
ओजोधातुविवर्धनं बलकरं पाण्ड्वामयध्वंसनम् ।
पथ्यं सर्वविषापहं गरहरं दुष्टग्रहण्यार्ति नुत् ।। 16।।
(ब.रा.र.र.स.)
सुवर्णभस्मापि स्वादु स्निग्धं तिक्तं हिमं गुरु ।
बुद्धिवीर्य स्मृतिकरं विषहारि रसायनम् ।।17।। (ब.रा.)
अस्रपित्तं क्षयं श्वासं कामलारक्तपैत्यकम् ।
अर्शांसि अश्मरीं चैव योनिदोषनिवारणम् ।।18।।
अग्निमान्द्यं सोमरोगं मूत्रकृछ्रं च वातजम् ।
ओष्ठ जिह्वामयं हन्ति त्वक्पत्रेण विमिश्रितम् ।।19।।
कान्ति कामो पद्मकिञ्जल्कयुक्तं वृद्धि कामो शर्करेणाज्यसेव्यम् ।
दृष्टि कामो जाननीकेनयुक्तं भ्रान्तिकामो भृङ्गराजस्य चूर्णम् ।।20।।
पुष्टि कामो वाजिगन्धस्य मूलं प्रातस्सेव्यो कामकामो विदार्या ।
घर्मे कुङ्कुममसङ्काशं भेदि सिन्धूरसन्निभम् ।।21।।
शिरीषपुष्पो मन्दाहे मार्दवे सिक्थकोपमः ।
साधुनेहनिभं स्निग्धं पारदेन समं गुरु ।।23।।
बहुमूल्यमिदं ख्यातं स्वर्णं षड्विधलक्षणम् ।
स्निग्धं मेध्यं विषगरहरं बृंहणं वृष्यमग्र्यम् ।।24।।
पैत्योन्मादप्रशमनपरं रोगजाल प्रमाथि ।
मेदोबुद्धिस्मृतिसुखकरं सर्वनेत्रामयघ्नम् ।।25।।
रुच्यं दीप्तिप्रशमितजरं स्वादुपाकं सुवर्णम् ।26। (ब. रा.)

Licking "medicinal gold ash" is equal to the measure of two rosary peas (guñjāphala) along with Indian gentian (kaṭurohiṇi), and cow ghee is beneficial in tuberculosis, diminished digestive fire, difficulty in breathing, cough and anorexia. It also promotes ojas, tissue development, and strength and is wholesome. It eliminates anaemia, all types of poison, artificial poison and chronic disorders of the lower gastrointestinal tract. (Ba.Ra; Ra.Ra.Sa).

Gold ash is sweet and bitter, unctuous, cold and hard to digest; it promotes intellect, semen formation and memory power, removes poison and aids rejuvenation.

It is effective in hyperacidity, tuberculosis, difficult breathing, jaundice, epistaxis,

haemorrhoids, lithiasis, gynaecological disorders, diminished digestive fire, leucorrhoea and dysuria due to vāta. Medicinal gold ash, along with cinnamon bark (tvak) and cinnamon bay leaf (patra), relieves diseases of the lips and tongue. One who desires complexion should consume it along with stamens of lotus; who desires growth along with sugar and ghee; who desires good vision along with Indian maddar (janani=mañjiṣṭha); one who desires hallucination along with powder of false daisy (bhṛṅgarāja), who desires nourishment along with the root of aśvagandha and one who desires all/everything should consume it in the morning along with Indian kudzu (vidārī).

Six characteristics are attributed to medicinal gold ash: It is similar to 1) the saffron flower withered in summer, 2) on piercing, it is like sindhūra, 3. similar to the blossomed flower of flea tree (śirīṣa) and is soft like sand, 4. it has good lustre and is unctuous, 5) it is heavy like mercury and is 6) more expensive.

Medicinal gold ash is unctuous, promotes intellect, removes poison and artificial poison; is nourishing, best aphrodisiac, beneficial in insanity due to pitta, all types of diseases, promotes the formation of fat, intellect, good memory and happiness, relieves all eye diseases, imparts taste, kindles appetite, prevents ageing, sweet at the end of digestion[15-26].

(9)

Impure Gold

(aśuddhasvarṇabhasma guṇāḥ / अशुद्धस्वर्णभस्म गुणाः **)**

सौख्यं वीर्यं बलं हन्ति रोगवृद्धिं करोति च ।
अशुद्धं चामयं तस्माच्छोदयेन्मारयेच्च तत् ।।27।। (ब. रा.)

Improperly processed gold for consumption diminishes happiness, semen formation and strength. Thus, generates diseases. Hence, gold should undergo the procedures like purification (śodhana) and incineration (māraṇa)[27].

(10)

Silver

(tāra guṇāḥ / तार गुणाः **)**

आयुश्शुक्लं बलं कान्तिं तापविड्बन्धकृद्रुजम् ।
अशुद्धममृतं तारं शुद्धमार्यमतो बुधैः ।।28।।
रौप्यं विपाकमधुरं तु वरास्नसारं शीतं परं परमलेखनकं च रुच्यम् ।
स्निग्धं च वातकफजिज्जठराग्निदीप्तिं शक्तिप्रदं स्थिरवयस्करणम् च वृष्यम् ।।29।।

Purified Silver promotes longevity, semen formation, strength, complexion. Impure silver which has not undergone the process of mārana/incineration should not be used, if used diminishes the above qualities, causes constipation and pain.

Silver is sweet in post-digestive state, cold, laxative, extremely scrapping, imparts taste, unctuous, mitigates vāta and kapha, ignites the digestive fire, promotes strength and prevents ageing[28-29].

(11)

Copper

(tāmra guṇāḥ / ताम्र गुणाः **)**

ताम्रं तिक्तकषायकं च मधुरं पाके च वीर्योष्णदम् ।
सोष्णम् पित्तकफावहं जठररुक्कुष्ठामया जूर्तिजित् ।।30।।
ऊर्ध्वाधः परिशोधनं विषयकृत् स्थौल्यापहं क्षुत्करम् ।
दुर्नामक्षयपाण्डुरोगशमनं नेत्रापरं लेखनम् ।।31।।

Copper is bitter and astringent in taste, sweet in the post-digestive state, promotes semen, hot, and aggravates pitta and kapha: beneficial in abdominal diseases, skin ailments, pyrexia, haemorrhoids, tuberculosis, anaemia and eye diseases. It eliminates the diseases from the body by purification through upward (through the mouth, nose, etc.) and downward (through faeces and urine) passages, lowers obesity, kindles appetite and aids scrapping[30-31].

(12)
Somanātha-tāmra
(somanāthatāmra guṇāḥ / सोमनाथताम्र गुणाः)

तत्तद्रोगहरानुपानसहितं ताम्रं द्विवल्लान्वितम् ।
संलीढं परिणामशूलमुदरं शूलं च पाण्डुज्वरम् ।।32।।
गुल्मप्लीहयकृत्क्षयाग्निसदनं मेहं च मूलामयम् ।
कुष्ठं च ग्रहणीहरं ध्रुवमिदं तत्सोमनाथोदितम् ।।33।।
एतत्सर्वगुणाढ्य ताम्रभसितं श्रीसोमदेवोदितम् ।
गुञ्जायुग्ममिदं कणाज्यसहितं नित्यं हितं सेवितम् ।।34।।
गुल्मप्लीहयकृद्विबन्धजठरं मूलाग्निमान्द्यापहम् ।
वातश्लेष्मसशोफरोगनिवहं जात्यामवातं जयेत् ।।35।।

Licking purified copper in the measure of 750 mg (two valla) along with prescribed co-administers (anupāna) according to the ailment is beneficial in treating duodenal ulcer, ascites, abdominal colic, anaemia, fever, lump, splenic disorders, liver diseases, tuberculosis, diminished digestive fire, polyuria, haemorrhoids, skin ailments and disorders of the lower gastrointestinal tract. All these best qualities are attributed to the Somanatha variety of copper. Daily intake of somanāthatāmra in the measure of 250 mg (two guñja) combined with long pepper (pippalī) and ghee is wholesome and effective in treating abdominal lumps, splenic disorders, liver diseases, constipation, ascites, haemorrhoids, diminished digestive fire, diseases of vāta and kapha, inflammation and rheumatism due to āma[32-35]. (1 valla = 3 ratti = 375 mg; 1 gunja = 1 ratti = 125 mg).

(13)
Medicinal Lead ash
(nāgabhasma guṇāḥ / नागभस्म गुणाः)

अत्युष्णं सीसकं स्निग्धं पित्तवातकफावहम् ।
प्रमेहदोषतोयघ्नं दीपनं चाति वातनुत् ।।36।।

Medicinal lead ash (nāgabhasma) is very hot in potency, unctuous, mitigates pitta, vāta and kapha, useful in treating polyuria, ascites, kindles digestive fire and pacifies extremely aggravated vāta[36].

(14)
Assorted co-administers with medicine
(anupāna guṇāḥ / अनुपान गुणाः)

व्योषवेल्लकचूर्णं तु समांशे सह मेलयेत् ।
मध्वाज्यसहितं हन्ति प्रलीढं वल्लमात्रया ।।37।।
अशीतिर्वातजान् रोगान् धनुर्वातं विशेषतः ।
कफरोगाननेकांश्च मूत्ररोगांश्च सर्वशः ।।38।।
श्वासकासक्षयं पाण्डुश्वयथुशीतिकाज्वरम् ।
ग्रहणीमामदोषं च वह्निमान्द्यं सुदुर्जयम् ।।39।।
सर्वानुदकदोषांश्च तत्तद्रोगानुपानतः ।40।

Equal parts of powders of black pepper, long pepper, dry ginger (vyoṣa, trikaṭu) and false black pepper (viḍaṅga) are mixed. Licking the above mixture in the measure of one valla (375mg)along with honey and ghee is effective in relieving 80 types of vāta disorders, particularly opisthotonos, many types of kapha disorders, all types of urinary diseases, difficulty in breathing, cough, tuberculosis, anaemia, inflammation, fever associated with chills, disorders of the lower gastrointestinal tract, vitiated āma, diminished digestive fire which is difficult to cure, all diseases due to vitiated water. In this way, it is to be taken along with the prescribed after-drink in the respective disease[37-40].

(15)
Medicinal lead and tin ash
(nāga, vaṅgabhasma guṇāḥ / नाग, वङ्गभस्म गुणाः)

शुद्धावेतौ नागवङ्गौ दुष्टगुल्मरुजाकरौ ।
मेहपाण्डूदरश्लेष्मवातमृत्युहरौ स्मृतौ ।।41।।

Lead (nāga) and tin (vaṅga), which are not purified, cause incurable lumps and pain. Purified ones are effective in relieving polyuria, anaemia, ascites, and diseases of kapha and vāta and prevent death[41].

(16)
Medicinal magnetite ash
(kāntabhasma guṇāḥ / कान्तभस्म गुणाः)

कांन्तायः कमनीयकान्तिजननं वातामयारोचकम् ।
यक्ष्मव्याधिविनाशनं गरहरं दोषत्रयत्रासनम् ।।42।।

नानाकुष्ठनिबर्हणं बलकरं वृष्यं वयः स्तम्भनम् ।
सर्वोपद्रवनाशनं कफहरं भौमामृतं नापरम् ।।43।।

Medicinal magnetite ash (kāntaloha) imparts a good complexion; it is beneficial in the treatment of diseases of vāta, anorexia, tuberculosis, poison, tridoṣa, various skin ailments, all types of complications and diseases due to kapha. It promotes strength, acts as an aphrodisiac and prevents ageing. No other nectar is on earth like kāntabhasma[42-43].

(17)
Medicinal iron ash
(lohabhasma guṇāḥ / लोहभस्म गुणाः)

एतस्याथ पुनर्भवं हि भसितं लोहस्य दिव्यामृतम् ।
सम्यक्सिद्धरसायनं त्रिकटुकं वेल्लाज्यमध्वन्वितम् ।।44।।
हन्यान्निष्कमिदं जरामरणजं देव्यां च तत्पुत्रदम् ।
दृष्टिः श्रीगिरिशेन कालनयनोभूत्यै परातत्त्ववित् ।।45।।
आयुर्वीर्यं बलं धत्ते पाण्डुमेहं च कुष्ठहा ।
आमवातहरं लोहं वलीपलितनाशनम् ।।46।।
आयुः प्रदाता बलवीर्यदाता रोगापहर्ता मदनस्य कर्ता ।
अयस्समानो न हि किंचिदस्ति रसायनं श्रेष्टतमं विशेषात् ।।47।।

Well process medicinal iron ash (lauhabhasma) is similar to divine elixir; it aids definite rejuvenation when taken along with black pepper, long pepper, dry ginger (trikaṭu), false black pepper (viḍaṅga), ghee and honey. The above consumed in the measure (dosage) of one niṣka prevents ageing and death and generates healthy progeny. Medicinal iron ash promotes long life, sperm formation and strength. It is beneficial in anaemia, polyuria, skin ailments, and rheumatism by āma prevents grey hair and wrinkles. It imparts long life, strength, and sperm (vigour), prevents diseases and promotes lust. No other substance is as best as medicinal iron (ayas), which facilitates rejuvenation[44-47].

(18)
Medicinal iron oxide ash
(maṇḍūra guṇāḥ / मण्डूर गुणाः)

मण्डूरं तिक्तशीतं स्यात्कषायाम्लकफप्रणुत् ।
पाण्डुहृद्रोगगुल्मार्शः प्लीहोदावर्तनाशनः ।।48।।

Medicinal iron oxide ash (maṇḍūra) is bitter, astringent and sour, cold, mitigates kapha, anaemia, diseases of heart, abdominal lump, haemorrhoids, splenic disorders and obstipation[48].

(19)
Bronze
(kāṁsya guṇāḥ / कांस्य गुणाः)

कांस्यं कषायमुष्णं स्याल्लघु रूक्षं सतिक्तकम् ।
कफपित्तरुजं हन्ति दृढायुर्देहवर्धनम् ।।49।। (ब. रा.)

Bronze is astringent and bitter, hot, light, and dry, relieves diseases of kapha and pitta, imparts firm life and promotes the development of the body[49].

(20)
Brass
(rītī guṇāḥ / रीती गुणाः)

रीती तिक्तरसा रूक्षा जन्तुघ्नी सास्रपित्तनुत् ।
कृष्णकुष्टहरा यंगा जंतुघ्नो सास्रपित्तनुत् ।।50।।

Brass is bitter dry, removes worm infestation, and relieves epistaxis and blackish skin ailment[50].

इति द्रव्यरत्नावल्यां रसादिवर्गः समाप्तः

Thus it ends the description of the group mercury and minerals in Dravyaratnāvali.

54. PRECIOUS STONES, GEMS

Atha ratnāni / अथ रत्नानि

Now, the description of precious stones, gems.

(1)
Precious stones
(ratnāni / रत्नानि)

माणिक्यमुक्ताफलविद्रुमाणि ताक्ष्यं च पुष्यं भिदुरं च नीलम्
गोमेधिकं चापि विडूरजं च क्रमेण रत्नानि धृतान्यष्टसिद्धयै
।।1।। (र. र. स.)

Ruby (mānikyam), pearl (mukta), coral (pravāla, vidrumānu), emerald (tārkṣya), topaz (puṣyarāga), diamond (bhiduram/vajram), sapphire (nīlam), hessonite (gomedhakam) and cat's eye (vaiḍūryam) should be worn to attain eight types of Siddhi[1].

(2)
Ruby
(māṇikya guṇāḥ / माणिक्य गुणाः)

माणिक्यं दीपनं वृष्यं कफवातक्षयार्तिनुत् ।
भूतभेतालपापघ्नं कर्मव्याधिविनाशनम् ।।2।। (र. र. स)

Ruby (mānikyam) kindles appetite, acts as aphrodisiac, beneficial to treat the diseases caused by kapha and vāta , consumption, possession by evil beings (bhūta) and bhetāla, destroys sin and eliminates diseases caused due to karma (sins of previous birth)[2].

(3)
Pearl
(mauktika guṇāḥ / मौक्तिक गुणाः)

कफपित्तक्षयध्वंसि श्वासकासाग्निमान्द्यनुत् ।
पुष्टिदं वृष्यमायुष्यं दाहघ्नं मौक्तिकं मतम् ।।3।। (र. र. स.)

Pearl is effective in diseases caused by kapha and pitta, consumption, difficulty breathing, cough, diminished digestive fire and burning sensation. It imparts nourishment and promotes vigour and long life[3].

(4)
Coral
(vidruma guṇāḥ / विद्रुम गुणाः)

। क्षयपित्तास्रकासघ्नं दीपनं पाचनं लघु ।
विषभूतादिशमनं विद्रुमं नेत्ररोगनुत् ।।4।। (र. र. स.)

Coral pacifies consumption, bleeding disorders, and cough, kindles appetite, improves digestion, is light, eliminates poison and possession by Bhutas and alleviates eye diseases[4].

(5)
Topaz
(puṣparāga guṇāḥ / पुष्पराग गुणाः)

पुष्परागं विषच्छर्दिकफवाताग्निमान्द्यनुत् ।
दाहकुष्टप्रशमनं दीपनं लघु पाचनम् ।।5।। (र. र. स.)

Topaz is beneficial in diseases of poison, vomiting, kapha, vāta, diminished digestive fire, burning sensation and skin disorders; it kindles appetite light and improves digestion[5].

(6)
Emerald
(tārkṣya guṇāḥ / ताक्ष्यं गुणाः)

ज्वरच्छर्दिविषश्वाससन्निपाताग्निमान्द्यनुत् ।
दुर्नामपाण्डुशोफघ्नं ताक्ष्यं मोजोविवर्धनम् ।।6।। (र. र. स.)

Emerald is effective in alleviating diseases of fever, vomiting, poison, difficulty breathing, and fever due to vitiation of all the three doṣa (sannipāta), diminished digestive fire, haemorrhoids, anaemia and oedema; it promotes ojas[6].

(7)
Diamond
(vajra guṇāḥ / वज्र गुणाः)

वज्रमायुर्बलं रूपं देहसौख्यं करोति च ।
सेवितं हन्ति रोगांश्च मृत्युं वज्रो न संशयः ।।7।। (ब.रा)

Diamond promotes long life, strength, beauty/structure and imparts comfort to the body. Intake of "medicinal diamond ash" alleviates all diseases. It certainly prevents premature death[7].

(8)
Sapphire
(nīla guṇāḥ / नील गुणाः)

श्वासकासहरं वृष्यं त्रिदोषघ्नं सुदीपनम् ।
विषमज्वरदुर्नामपापघ्नं नीलमीरितम् ।।8।। (मुक्तमम्-र. र. स.)

Sapphire alleviates difficult breathing, cough, tridoṣa, intermittent pyrexia, haemorrhoids and all sins, acts as an aphrodisiac and kindles appetite[8].

(9)
Hessonite
(gomedhaka guṇāḥ / गोमेधक गुणाः)

गोमेधं क्षयपित्तघ्नं कफपाण्डुक्षयं करम् ।
दीपनं पाचनं रुच्यं स्वच्छं बुद्धिप्रबोधनम् ।।9।। (र. र. स.)

Hessonite is effective in treating consumption, diseases of pitta, kapha, anaemia, kindling appetite, improving digestion, and imparting taste clarity and promoting intellect[9].

(10)
Cat's eye precious stone
(vaiḍūrya guṇāḥ / वैडूर्य गुणाः)

वैडुर्यम् रक्तपित्तघ्नं प्रज्ञायुर्बल वर्धनम् ।
पित्तप्रधानरोगघ्नं दीपनं मलमोचनम् ।।10।। (र. र. स.)

Cat's eye precious stone alleviates bleeding disorders and diseases caused by pitta, promotes intellect and strength, kindles appetite and is purgative[10].

(11)
Cinnabar
(hiṅgula guṇāḥ / हिङ्गुल गुणाः)

हिङ्गुलस्सर्वदोषघ्नो दीपनोऽतिरसायनः ।
सर्वरोगहरो वृष्यो जारणायातिशस्यते ।।11।। (र. र. स.)

Cinnabar (hiṅgula) pacifies all doṣa, kindles appetite, is rejuvenating, alleviates all diseases, acts as an aphrodisiac, aids in complete assimilation of metal into mercury or other metals, minerals (jāraṇa)[11].

(12)
Orpiment
(haritāla guṇāḥ / हरिताल गुणाः)

श्लेष्मरक्तविषवातभूतनुत्केवलं च खलु पुष्पहृत् स्त्रियाः ।
स्निग्धमुष्णकटुकं च दीपनं कुष्ठहारि हरितालमुच्यते ।।12।। (र. र. स.)

Orpiment (As_2S_3) helps relieve diseases of kapha, blood, poison, vāta , possession by Bhutas and skin ailments, controls bleeding discharge in the menstrual cycle, unctuous, hot, pungent and kindles appetite[12].

(13)
Unprocessed, impure orpiment
(aśuddhaharitāla guṇāḥ / अशुद्धहरिताल गुणाः)

अशुद्धतालमायुर्घ्नं कफमारुतमेहकृत् ।
वातस्फोटाङ्गसङ्कोचं कुरुते तेन शोभयेत् ।।13।। (र. र. स.)

Unprocessed, contaminated orpiment diminishes longevity and generates diseases of kapha, vāta and polyuria. It aggravates vāta, and induces vesicles (sphota) and spasms of body parts. So, it must be thoroughly processed and refined[13].

(14)
Realgar
(maṇaḥśilā guṇāḥ / मणःशिला गुणाः)

मनःशिलासर्वरसायनाग्र्या तिक्ता कटूष्णा कफवातहन्त्री ।
सत्त्वत्मिका भूतविषाग्निमान्द्यं कण्डूतिकासक्षयहारिणीच ।।14।।
अश्मरीमूत्रकृच्छ्राङ्गविदाहमलबन्धकृत् ।15। (र. र. स.)

Realgar (AsS, As4S4) is best among all rejuvenators, is bitter, pungent, and hot, and alleviates kapha and vāta. Maṇaḥśilā which has undergone satva-pātana (extraction of essence), eradicates possession by Bhutas, poison, diminished digestive fire, pruritis, cough, consumption; impure maṇaḥśilā generates dysuria, burning sensation of body parts and constipation[14-15].

(15)
Unprocessed Realgar
(aśuddhamaṇaḥśilā guṇāḥ / अशुद्धमणःशिला गुणाः)

अग्निमान्द्यकरी तीक्ष्णा मनोह्वाप्य शोधिता ।
मनश्शिलात्वजात्यित्रे घर्मे भाव्या विशोधयेत् ।।16।।

Maṇaḥśilā which is not processed diminishes digestive fire and acts very sharply[16].

(16)
Tourmaline
(vaikrānta guṇāḥ / वैक्रान्त गुणाः)

आयुःप्रदश्च बलवर्णकरो हि वृष्यः
प्रज्ञाप्रदस्सकलदोषगदापहन्ता ।
दीप्ताग्निकृत्यविमानगुण
स्तरस्वी वैक्रान्तकः खलु वपुर्बललोहकारी ।।17।।
रसायनेषु सर्वेषु पूर्वगण्यः प्रतापवान् ।
वज्रस्थाने प्रयोक्तव्यो वैक्रान्तस्सर्वरोगहा ।।18।। (र. र. स.)

Tourmaline (vaikranta) promotes long life, strength, complexion, and intellect, acts as an aphrodisiac, alleviates diseases caused by all doṣa, stimulates digestive fire, possesses excellent properties, imparts firmness to the body similar to iron, best among all the rejuvenators and bestows glory/energy. It is used as a substitute for vajra. It is effective in treating all diseases[17-18].

(17)
Copper pyrites
(mākṣika guṇāḥ / माक्षिक गुणाः)

माक्षिकं तिक्तमधुरं मेहार्शः क्रिमिकुष्ठहा ।
कफपित्तहरं बल्यं योगवाहि रसायनम् ।।19।।
सन्निपाते ज्वरे चैव हारिद्रं पादमाक्षिकम् ।
तस्य नामगृहीतेन नश्यते योजनं शतम् ।।20।।

Copper pyrites chalko pyrites (mākṣika) are bitter and sweet, useful in polyuria, haemorrhoids, worm infestation, skin ailments, pacifies kapha and pitta, is strengthening, Yogavāhi (enhances the effects of the substances with which it is associated). In Sannipāta Jvara, it should be taken in the 1/4th part along with turmeric. All ailments are eliminated just by hearing its name away from a distance of 100 feet[19-20].

(18)
Amrita mākṣika
(amṛtamākṣika guṇāḥ / अमृतमाक्षिक गुणाः)

भवेदमृतमाक्षिकं सर्वव्याधिविनाशनम् ।
क्षयपाण्डू च कुष्ठानि ग्रहणीगुदजाङ्कुरम् ।।21।।
मन्दाग्निकानिलाशोषं स्वरभङ्गमरोचकम् ।
नानारूपज्वरानुग्रानामदोषविषूचिकान् ।।22।।
वातपित्तकफोद्भूतान् तत्तद्रोगानशेषतः ।
तत्तदौचित्ययोगेन नाशयत्येव निश्चितम् ।।23।।

Mākṣika is similar to an elixir; when taken along with an appropriate combination of Anupāna (after drink), it eradicates all diseases, consumption, anaemia, skin ailments, diseases of lower GIT, haemorrhoids, diminished digestive fire, vāta diseases, emaciation, dysphonia, anorexia, various types of fevers, vitiated āma, acute gastroenteritis, all

complications arising due to vāta, pitta and kapha[21-23].

(19)
Iron pyrites
(vimalā guṇāḥ / विमला गुणाः)

वातपित्तहरा वृष्या विमला च रसायनी ।24 ।

Vimala (iron pyrites) alleviates vāta, pitta, acts as an aphrodisiac and aids rejuvenation[24].

(20)
Mineral pitch
(śilājit guṇāḥ / शिलाजित् गुणाः)

शिलाजित्कफवातघ्नः स्निग्धोष्णः क्षयरोगजित् ।25 ।

Silajith mitigates kapha and vāta, and is unctuous, hot and effective in consumption[25].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

नूनं ज्वरपाण्डु शोफशमनो मेहाग्निमान्द्यापहा ।
मेदश्छेदकरश्च यक्ष्मशमनो स्थूलान्नयोन्मूलनः ।।26।।
गुल्मप्लीहविनाशनो जठरहृच्छूलामदोषपहा ।
सर्वत्वग्गदनाशनं किमपरं देहे च लोहे हितम् ।।27।।

Silajith has promising results in pyrexia, anaemia, oedema, polyuria, diminished digestive fire, obesity, consumption, colicky pain, abdominal lump, splenic disorders, ascites, cardialgia, vitiated āma and all skin ailments. It is best for the body and imparts firmness (more than that of iron)[26-27].

Note: Ra.Ra.Sa.2/115-116, the second line of śloka is given as "śūlāmayonmulanam" accordingly, the translation is attempted. Obesity is already covered with the term "medas"; hence, there is no reason to consider "sthūla" again for obesity to avoid repetition (punarukti).

(21)
Copper sulphate
(tuttha guṇāḥ / तुत्थ गुणाः)

निःशेषदोषविषहृद्रुतशूलमूलकुष्ठाम्लपैत्यविषबोधहरं हितं च ।
श्वासापहं धमनेरकरं गरघ्नं श्वित्रापहं गतिमत्रमधूकतुत्थम्
।।28।।

Copper sulphate (sasyaka) alleviates all doṣa, poison, cardialgia, haemorrhoids, skin ailments, hyper acidity, difficult breathing and leukoderma and, mitigate poisonous effects[28]. [blue vitriol or peacock ore or barnite]

(22)
Calamine
(kharpara guṇāḥ / खर्पर गुणाः)

मेहाक्षिरोग कण्डूतिविषक्रिमिगदादिकान् ।
हन्ति पित्तं कफं भेदि लेखनो विशदो लघु ।।29।।
कषायं कटुकक्षार श्चर्परोऽयं गुणं भवेत् ।
अग्निसंह्वे भवेद्देहलोहपारदरञ्जनः ।।30।।

Rasaka (Calamine) is beneficial in the treatment of polyuria, eye diseases, pruritis, poison, worm infestation, and disorders due to pitta and kapha; it acts as purgative, aids scrapping, clear, light, astringent, pungent, and alkaline. If calamine can withstand when subjected to fire, then it gets purified. It imparts colour to loha and pārada[29-30]

(23)
Haematite, Ochre
(svarṇagairika guṇāḥ / स्वर्णगैरिक गुणाः)

अत्यन्तशोणितं स्निग्धं मसृणं स्वर्णगैरिकम् ।
स्वादु स्निग्धं हिमं नेत्र्यं कषायं रक्तपित्तजित् ।।31।।
हिध्मावमिविषघ्नं च रक्तघ्नं स्वर्णगैरिकम् ।32। (र. र. स.)

Haematite/Ochre (svarṇagairikam) is dark red, unctuous and soft; sweet and astringent; unctuous and cold; good for eyes; effective in the treatment of epistaxis, hiccough, vomiting, poison and diseases caused by vitiated blood[31-32].

(24)
Ferrous sulphate/green vitriol
(kāsīsa guṇāḥ / कासीस गुणाः)

कासीसमुष्णम् सक्षारं कषायाम्लं सतिक्तकम् ।
वातश्लेष्मप्रशमनं चक्षुष्यं केशरञ्जनम् ।।33।।
मूत्रकृच्छ्राश्मरीकुष्ठं कण्डूकुष्ठव्रणं जयेत् ।34।

Ferrous sulphate, green vitriol (kāsīsa) is hot, alkaline, astringent, sour and bitter; alleviates vāta and kapha; good for eyes, imparts colour to the hair; useful in dysuria, urolithiasis, skin ailments, pruritis and ulcers in leprosy[33-34].

(25)
Alum
(saurāṣṭri guṇāḥ / सौराष्ट्रि गुणाः)

कण्ठाम्ला कटुकाकेश्या विषघ्नी व्रणनाशनी ।
नेत्र्या कषाया स्निग्धोष्णा शस्ता पारदजारणे ।।35।।

Alum (saurāṣṭri) is sour, pungent and astringent in taste, promotes hair growth, eliminates poison and wounds, is suitable for eyes and is helpful in pāradajāraṇa procedures (assimilation of metal into mercury and purification process)[35].

इति द्रव्यरत्नावल्यां रत्नवर्गः समाप्तः

Thus it ends the description of the group of gems and precious stone in Dravyaratnāvali.

55.BETEL QUID

Betel quid group / अथ ताम्बूलवर्गमाह

(1)
Betel quid with aromatic spices
(tāmbūlasevana guṇāḥ / ताम्बूलसेवन गुणाः **)**

रुचि सौगन्ध्य वैशद्यमिच्छन् वक्त्रेण धारयेत् ।
जातीलवङ्गतक्कोल कस्तूरी शशिना सह ।।1।।
ताम्बूलीनां किसलयं हृद्यं पूगफलान्वितम् ।
ताम्बूलं चर्वयेत्पूर्ण महोरात्रं चतुस्तथा ।।2।।
एकपूगं चतुष्पत्रं सुधाव्रीहित्रयं तथा ।
ताम्बूलं भक्षयेत्प्रातः प्राग्भक्तात्सप्तशः क्रमात् ।।3।।
भुक्तान्ते खादितं ज्ञेयं पञ्चशो द्वित्रिशो निशि ।4।

One who desires taste, pleasing odour and freshness/clearness in the mouth should resort to tāmbula made with jāti, lavaṅga, takkola, kastūri, karpura along with tender leaves of tamāla and areca nut/ betel nut. One should chew tāmbula four times in ahorātra (one complete day and night). One areca nut, four leaves, sudhā (slacked lime) along with three grains of vrīhi (paddy) should be consumed early in the morning seven times before intake of food, later on, five times after food intake and then two or three times at night[1-4]. Note: The first three lines of the śloka are taken from Hemadri commentary (Ayurveda Rasayana) on A.H. Su.2/7.

(2)
Characteristics of areca nut
(pūgīphala lakṣaṇam / पूगीफल लक्षणम् **)**

पूगं सुदेश सम्भूतं कठिनं गुरु चिक्कणम् ।
शशमांसमसं भिन्नं क्रमुकं तु सुशोधनम् ।।5।। (चा. च)

Puga (areca nut) yielded from good land and which is hard, heavy and smooth, which resembles the meat of rabbit when split/broken aids better in the purification of mouth[5].

(3)
Areca nut
(pūgīphala guṇāḥ / पूगीफल गुणाः **)**

पूगं कषाय मधुरं रूक्षं दोषापहं सरम् ।
सुपक्वं सर्वदोषघ्नमपक्वं दोषलं भवेत् ।।6।। (चा. च)

Areca nut is astringent, sweet, dry, mitigates all doṣas and is laxative. Well-ripened nut alleviates all doṣa, and unripe nuts vitiate doṣa[6].

(*)
Another reading
(pāṭhāntare / पाठान्तरे **)**

पूगीफलं पैत्यहरं प्रधानं विरेचनीयं लघु दीपनं च ।7। (चा. च)

Areca nut/fruit predominantly pacifies pitta, causes purgation, easy to digest and kindles appetite[7].

(4)
Split areca nut
(bhinnapūgīphala sevana guṇāḥ / भिन्नपूगीफल सेवन गुणाः **)**

भिन्नं पूगं त्रिदोषघ्नं शिरोभ्रमणनाशनम् ।
दन्तकान्तिप्रदं शैत्यं राजयोग्यं सुखप्रदम् ।।8।।

Broken/split areca nut alleviates tridoṣa, the giddiness of the head, imparts glittering teeth, is cool, is regal and grants happiness[8].

(5)
Unbroken areca nut
(abhidyamāna kramuka sevana guṇāḥ / अभिद्यमान क्रमुक सेवन गुणाः **)**

अभिद्यमान क्रमुकसेवनं दाहतापकम् ।
अजीर्णकरमायासकरं निद्राकटुप्रदम् ।।9।।

Areca nut, which is not broken, generates a burning sensation, heat, indigestion, fatigue and disturbed sleep[9].

(6)
Betel leaves/piper betel
(nāgapatra sevana guṇāḥ / नागपत्र सेवन गुणाः **)**

कटुकं रससंयुक्तं नागपत्रं सुशोभनम् । सुपक्वदलसंयुक्तं सर्वदोषविवर्जितम् ।।10।।(चा.च)

Ripe betel leaves are pungent, juicy, beautiful and deprived of all doṣa/defects[10].

(*)
Another reading
(pāṭhāntare / पाठान्तरे **)**

कफवातहरं भेदि नागवल्ली दलैर्युतम् ।
दीपनं क्रिमिदोषघ्नं विशदं निर्मलं लघु ।।11।। (चा. च.)

Tāmbula along with leaves of nāgavalli (betel leaves) alleviates kapha and vāta, aid purgation, kindle appetite, prevent worm infestation and Doṣas; imparts freshness, removes impurities and is easy to digest[11].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे **)**

ताम्बूलपत्रं तीक्ष्णोष्णं कटुकं पित्तकोपनम् ।12।

Betel leaves are sharp, hot, pungent and aggravate pitta[12].

(7)
Slaked or edible pickling lime
(pāṣāṇa sambhūta sudhācūrṇa sevana guṇāḥ / पाषाणसम्भूत सुधाचूर्ण सेवन गुणाः **)**

चूर्णं पाषाणसम्भूतं त्रिदोषशमनं लघु । (चा. च.)
मुखरोगक्रिमिहरं खादिरेण विमिश्रितम् ।।13।।
पित्तदोषप्रशमनं रक्तपित्तविवर्धनम् ।
श्लेष्मरोगहरं रुच्यं नेत्ररोग हरं शुभम् ।।14।।
नासारोगहरं कण्ठ्यं ताम्बूलं शशिना सह ।15।

Limestone powder alleviates tridoṣa, is light, and prevents oral cavity diseases and worms. When taken along with catechu (khadira), it alleviates pitta but aggravates bleeding disorders; when taken along with camphor, it alleviates diseases of kapha; beneficial in diseases of the eyes and nose, imparts taste and is wholesome for the throat[13-15]. (Limestone powder/Calcium hydroxide)

(8)
White variety leaves
(śubhratāmbūlapatra sevana guṇāḥ / शुभ्रताम्बूलपत्र सेवन गुणाः **)**

शुभ्रं पर्णं श्लेष्मवातामयघ्नं पथ्यं रुच्यं दीपनं पाचनं च ।
त्रिंशेन कटुकं पाके कषायं वह्निदीपनम् ।।19।।
वक्त्रकण्डूमलक्लेद दौर्गन्ध्यादिविशोधनम् ।20।।

White variety of betel leaves are beneficial in relieving diseases of kapha and vāta, are wholesome, tasty, kindle appetite and improve digestion, become thirty times pungent and astringent in post digestive stage, stimulates digestive fire, eliminates pruritis, impurities, moisture and harmful breathe of the oral cavity[19-20].

(9)
Juice of betel leaves
(tāmbūlarasa sevana guṇāḥ / ताम्बूलरस सेवन गुणाः **)**

आदौ विषोपमं पीतं द्वितीयं भेदि दुर्जरम् ।
पश्चात्सुधासमं पीतं ताम्बूलं भक्षयेद्बुधः ।21। (सम्यग्जीर्णं रसायनम्-चा.च) ।
चूर्णं वातहरं चोष्णं कटुपत्रं कफापहम् ।।22।।
फलं कषायं पित्तघ्नं ताम्बूलं तत्त्रिदोषनुत् ।23।
प्रातः पूगाधिकं कुर्यान्मध्याह्ने चूर्णसम्भवम् ।
रात्रौ तु पत्रबाहुल्य मेतत्ताम्बूलमाचरेत् (सेवनम्) ।।24।।
चूर्णाधिक्येन दौर्गन्ध्यं पूगाधिक्ये विरागता ।
पत्राधिक्येन दौर्गन्ध्यमेतत्ताम्बूललक्षणम् ।।25।।

The juice of betel quid (tāmbūla) at first is similar to poison; that which comes for the second time is purgative and is hard to digest, and that which occurs later on is similar to nectar. So, an intellect should resort to betel quid (tāmbūla). Lime powder pacifies vāta and is hot; pungent leaves mitigate kapha, and astringent areca nut relieves pitta. Thus, betel quid (tāmbūla) alleviates tridoṣa[21-23]. In the morning, more areca nut; in the afternoon, more lime; and at night, more leaves should be used in preparing betel quid (tāmbūla). Excess lime powder generates a foul

odour, more Areca nut causes discolouration, and more leaves induce halitosis[24-25].

(*)
In another manuscript
(granthāntare / ग्रन्थान्तरे)

प्रातः पूगफलाधिकं तदनु मध्याह्ने च चूर्णोत्कटम् ।
रात्रौ पत्रबहुत्वमेव चैतत्ताम्बूलसेवाक्रमः ।।26।।
पूगाधिक्याद्विरागो भवति वदनदौर्गन्ध्यं चूर्णाधिके स्यात् ।
पत्राधिक्ये सुगन्धो यदि भवति तदा योग्यमेतत्प्रशस्तम् ।।27।।
त्रिमासे क्रमुकं ग्राह्यं मसार्धं पर्णमेव च ।
त्रिदिनं चूर्णसंयुक्तमेवं ताम्बूलमाचरेत् ।।28।।
प्रातःकाले च ताम्बूलं ताम्बूलं सप्तभिस्सुखी ।
मध्याह्ने भोजनस्यान्ते स्त्रीभिस्ताम्बूलमाचरेत् ।।29।।
भोजनानन्तरं रात्रौ ताम्बूलं पञ्चभिस्सुखी ।30।

The intake procedure of betel quid (tāmbūla) is narrated as follows. More areca nuts should be taken in the morning, more lime in the noon, and more leaves at night should be used. If areca nut is in excess quantity, it causes discolouration; if lime powder is in excess, it induces halitosis; and if leaves are taken in excess, it generates good breath/smell, and this is considered as ideal betel quid (tāmbūla) [26-27]. Betel quid (tāmbūla) can be taken so that areca nut can be used for up to three months, leaves for one and half months, and lime powder for three days[28]. Betel quid (tāmbūla) should be consumed seven times in the morning after mid-day meal along with (including) women and five times after dinner (it may imply seven or five leaves) [29-30].

(10)
Betel quid with aromatics
(tāmbūlasevana guṇāḥ / ताम्बूलसेवन गुणाः)

ताम्बूलं लघुवह्निकृत्कटु च तिक्तोष्णं सदा रोचनम् ।
मेध्यं वातहरं मुखामयहरं लक्ष्मीकरं पुष्टिदम् ।।31।।
स्त्रीसम्भोगरुचिप्रदं क्रिमिहरं श्लेष्मापहं शूलहृत् ।
गुल्माध्मानविबन्धशमनं शोकापहं स्रंसनम् ।।32।।

Betel quid (tāmbūla) is easy to digest, ignites digestive fire, pungent and bitter, hot, tasty always, promotes intellect, alleviates vāta and diseases of the oral cavity, bestows prosperity nourishment, enhances sexual pleasure, removes worms, beneficial in diseases of kapha, colicky pain, abdominal lump, distension, constipation; removes sorrow and is purgative[31-32].

(11)
Another reading
(pāṭhāntare / पाठान्तरे)

ताम्बूलं कटुतिक्तमुष्णमधुरं क्षारं कषायान्वितम् ।
वातघ्नं क्रिमिनाशनं कफहरं कयाग्निसन्दीपनम् ।।33।।
स्त्रीसम्भाषणभूषणं रुचिकरं शोकस्य विच्छेदनम् ।
ताम्बूले विहिताश्चयोदशगुणाः स्वर्गेऽपि ते दुर्लभाः ।।34।।
(चा.च.)

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ताम्बूले विहिताश्चयोदशगुणाः स्वर्गेऽपि ते दुर्लभाः ।।34।।
(चा.च.)
ताम्बूलं कटुकं कफानिलहरं रुच्यं सरं दीपनम् ।
कासश्वासविबन्ध गुल्म गुदकीलाध्मानशोफापहम् ।।35।।
दुःखध्वंसि सुखप्रदाय रुचिकृत् स्त्रीणां महामोहनम् ।
हृद्यं कंठगदापहं मदकरं कल्कं विषस्योपमम् ।।36।। (चा.च.)

Betel quid (tāmbūla) is pungent, bitter, sweet and astringent, hot and alkaline, pacifies vāta, kapha, remove worms, ignites digestive fire, imparts attraction while talking to women, promotes taste, and eliminates sadness. These thirteen qualities of betel quid (tāmbūla) are not found even in heaven[33-34]. Betel quid (tāmbūla) is pungent, pacifies kapha and vāta, is tasty, purgative, kindles appetite, useful in cough,

difficult breathing, constipation, abdominal lump, haemorrhoids, distension and oedema; eliminates sorrows and promotes happiness, imparts taste, induces infatuation (lust) in women, pleasing to heart, relieves diseases of throat and is intoxicating, but when used as paste it is poisonous[35-36].

(11)
Juice of betel leaf
(tāmbūlarasa guṇāḥ / ताम्बूलरस गुणाः)

आदौ प्रपीतं विषतुल्यमेतद्द्वितीयकं दुर्जरतामुपैति ।
तृतीयकं स्यात्सुधया समानं ताम्बूलजातं पिबतां नराणाम् ।।37।। (चा.च)

Consuming first/priorly generated juice of betel quid (tāmbūla) is poisonous; secondly, formed juice causes indigestion; thirdly generated juice is equal to nectar if consumed by humans[37].

(12)
Contraindications of betel quid consumption
(tāmbūlavarjyāḥ / ताम्बूलवर्ज्याः)

ताम्बूलं नैव सेवेत सुविरिक्तो बुभुक्षितः ।
भ्रमी च मूत्रकृच्छ्री च क्षीरमभ्यवहृत्य च ।।38।।
ज्वरी पिपासी म्लानी च मत्तोऽध्वश्रमपीडितः ।
न खादेदुपवासार्तो ताम्बूलं पाण्डुरोगवान् ।।39।।
मद्यपीतस्तृषार्ती च क्षीणरेतो ज्वरातुरः ।
रक्तपित्ती नेत्ररोगी ताम्बूलं परिवर्जयेत् ।।40।। (चा.च)

Consuming betel quid (tāmbūla) is contraindicated for those who are hungry, suffering from giddiness, dysuria, those who drink milk, and those with fever, thirst, fatigue, intoxication, and weakness due to walking and exhaustion. It is not to be consumed by those who are fasting, suffering from anaemia, after intake of alcohol, those who are thirsty and those with diminished sperm. Those suffering from fever, epistaxis, or eye diseases should not resort to betel quid (tāmbūla) [38-40].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

ताम्बूलं क्षतपित्तासृग्रूक्षोत्कुपितचक्षुषाम् ।
विषमूर्छामदार्तानामपत्थ्यं शोषिणामपि ।।41।।
कुष्ठी च मधुमेही च मूत्रदोषयुतो नरः ।
अक्षिरोगी क्षयी पाण्डुरोगी भ्रममदात्ययी ।।42।।
अपस्मारी श्वासरोगी हृद्रोगी रक्तपैत्यकी ।
ग्रहणीवानतीसारी ताम्बूलं परिवर्जयेत् ।।43।। (चा.च)

Betel quid (tāmbūla) is unwholesome and hence contraindicated in trauma, epistaxis, dry-red eyes, poison, fainting, intoxication, emaciation, skin ailments, diabetes, urinary disorders, eye diseases, tuberculosis, anaemia, giddiness, alcohol abuse, epilepsy, difficult breathing, heart diseases, blood disorders, diseases of the lower gastrointestinal tract and diarrhoea[41-43].

(13)
Betel Leaf parts to be avoided
(tyajya patrāṅgāḥ / त्याज्य पत्राङ्गाः)

पर्णमूले भवेद्व्याधिः पर्णाग्रे पापसम्भवः ।
जीर्णपर्णं हरत्यायुः शिरा बुद्धिं विनाशिनी ।।44।।
तस्मादग्रं च मूलं च जीर्णपर्णं सिरां त्यजेत् ।45। (चा.च)

The petiole of betel leaf triggers disease, the leaf apex consumption alters behaviour towards evil, sinful acts, older leaves decrease life span and the venation diminishes the intellect. Hence the leaf apex, leaf base, old leaves and venation in the leaves are to be rejected[44-45].

(14)
Excess intake of betel quid
(tāmbūlātisevana guṇāḥ / ताम्बूलातिसेवन गुणाः)

दन्तदौर्बल्य पाण्डुत्वमक्षिरोगं बलक्षयम् ।
वितनोत्यास्यदोषांश्च ताम्बूलमतिसेवनात् ।।46।। (चा.च)

Intake of betel quid (tāmbūla) in excess weakens the teeth, causes anaemia, ophthalmic diseases, diseases of oral cavity and diminishes strength[46].

(*)
In another manuscript
(granthāntare / ग्रन्थान्तरे)

दन्तावलीदुर्बलतातिरोगो पाण्डुत्वमङ्गे नयनादिकेषु ।
बलक्षयं वक्त्रगदान् करोति ताम्बूलमत्यन्त निषेवणेन ।।47।।
(चा.च)

Consuming betel quid (tāmbūla) in excess weakens the tooth line and cause diseases, triggers anaemia, eye diseases and oral diseases; diminishes strength[47].

(15)
Preparation of catechu
(khadirasārakalpana vidhiḥ / खदिरसारकल्पन विधिः)

गृहीत्वा खादिरं सारं द्वात्रिंशत्पलसम्मितम् ।
तोयाढके विपक्तव्यं चतुर्भागावशेषितम् ।।48।।
परिस्राव्य कषायं तु माषचूर्णं पलद्वयम् ।
कुडवं खदिरसारस्य चूर्णंपथ्यारजः पलम् ।।49।।
प्रस्थं पूगफलस्यापि कषायं तत्र निक्षिपेत् ।
दर्वीप्रलेपं पक्तव्यं मोदकान् कारयेद्भिषक् ।।50।।

Boil thirty-two palas of catechu plant pith (khadirasāra) with one āḍhaka of water until one-fourth remains. To it, add two palas of black gram (māṣā) powder, one kuḍava of catechu powder, one pala of chebulic myrobalan (harītakī) powder, one prastha of decoction of areca nut (pūgaphala) and boil the decoction to thick consistency until it sticks to the ladle and then make it into balls[48-50].

(16)
Catechu
(khadirasāra guṇāḥ / खदिरसार गुणाः)

खदिरतरुजसारस्सेवितो हन्ति मेहान् क्रिमिजरुजमशेषान्
कुष्ठमष्टादशापहम् ।
द्विजदृढबलकारी चास्य रोगेषु शस्तः कफमुखनयनोत्थान्
सर्वदोषान्निहन्ति ।।51।।

Intake of catechu (khadirasāra) is beneficial in polyuria, enormous pain due to worm infestation, eighteen types of skin ailments, oral diseases and in all diseases of kapha, diseases of oral cavity and eye diseases, gives firmness and strength to the teeth[51].

(17)
Kairavalla
(kairavalla guṇāḥ / कैरवल्ल गुणाः)

श्वेतखदिरसारस्य पलमेकं सुचूर्णितम् ।
निष्कप्रमाणमेला च लवङ्गं तु तथैव च ।।52।।
जातीफलं द्विनिष्कं तु वरालं च त्रिनिष्ककम् ।
मृगनाभिश्च कर्पूरं तक्कोलं च पृथक्पृथक् ।।53।।
कर्षमात्रं च सञ्चूर्ण्य खादिरेण विमिश्रितम् ।
प्रसूनतोयैः पिष्ट्वा तु चन्दनेन तु मेलयेत् ।।54।।
माषप्रमाणवटकांश्छायाशुष्कांस्तु कारयेत् ।
मुखेन धार्या गुलिका रुच्या वृष्याग्निदीपना ।।55।।
त्रिदोषशमना हृद्या वर्ण सौभाग्य कारिणी ।
ताम्बूलमध्ये निक्षिप्य यः खादेद्बुद्धिमान्नरः ।।56।।
वक्त्रजातान् गदान् हन्युर्मुखदौर्गन्ध्यनाशनः ।
सम्भोगकाले रतिकृद् बृंहणं बुद्धिवर्धनम् ।।57।।
क्षयान् क्षय कृतान् रोगान् नाशयेत्पाण्डुकामलान् ।58।

Combine one pala of the white variety of white catechu (khadirasāra) powder with one niṣka measure of cardamom (ela) and clove (lavaṅga), two niṣka of nutmeg (jātiphala), three niṣka of chebulic myrobalan, embelic myrobalan and beleric myrobalan (vara, triphala), powders of musk (mṛganābhi) camphor (karpūra) and star anise (takkola) in the measure of one karṣa each. Grind all these ingredients along with the decoction of saffron and sandalwood. Make them into small pills the size of black grams and dry them in the shade. Chewing these pills imparts taste is aphrodisiac, stimulates digestive fire, alleviates tridoṣa's, is good for the heart, and promotes good complexion and prosperity. An intellectual person should consume it with betel quid (tāmbūla) to get relief from oral cavity diseases and halitosis (bad breath). It enhances sexual pleasure, promotes nourishment and intellect, and is beneficial in treating consumption and its complications, jaundice and anaemia[52-58]. [kairavalla=areca nut]

(*)
In another manuscript
(granthāntare / ग्रन्थान्तरे)

कस्तूरी खदिररसो लवङ्गमेला च तक्कोलं वरघनसारचन्दनञ्च ।
पिष्ट्वैतान्यतिमृदुलं प्रसूनतोये मुक्ता भावन गुलिका मुखेन धार्या । ।59 । ।
रुच्या वृष्या बृंहणी दीपना वा ताम्बूलेन प्राणिभिः सेवनीया ।
पूतिर्वक्त्रे रोगजालं निहन्ति स्त्रीसम्भोगे भूषणानि प्रदिष्टा । ।60 । ।
(चा. च.)

Musk (kastūrī), catechu (khadirarasa), clove (lavaṅga), cardamom (ela), star anise (takkola), chebulic myrobalan, embelic myrobalan and beleric myrobalan (vara, triphala), camphor (ghanasāra) and sandalwood paste (candana) are finely powdered and ground along with pure water and are made into pills. These pills, when savoured in the mouth, improve taste, act as aphrodisiacs, improve nourishment, kindle appetite, ideal to be used in betel quid (tāmbūla) by living beings, relieve bad breath and oral diseases, promote pleasure during sex with women [59-60].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

कर्पूरजातीफल चन्दनैलालवङ्गतक्कोलफलैस्सुपिष्टैः ।
सारेण सार्धं खदिरद्रुमस्य कृताभिरद्याद्गुलिकोत्तमाभिः । ।61 । ।
आवासिताभिः कुसुमैर्मनोज्ञैः कस्तूरिकामोद मनोहराभिः ।
दन्तालिदौर्बल्यनिवारणाय सदा प्रचण्डस्य गदोपशान्त्यै । ।62 । ।

Grind fine powders of camphor (karpūra), nutmeg (jātīphala), sandalwood paste (candana), cardamom (ela), clove (lavaṅga), star anise (takkola) along with half quantity of katechu (khadirasāra) and make them into pills. These pills should be sweetly scented/ flavoured with saffron and musk (kastūrī), which is pleasing to the mind and is used to prevent weak teeth and to alleviate diseases of vāta[61-62].

इति द्रव्यरत्नावल्यां ताम्बूलवर्गः समाप्तः

Thus it ends the description of the group of betel quid in Dravyaratnāvali.

56. FLAVOURS, CONDIMENTS

Sugandhadravyavargaḥ / सुगन्धद्रव्यवर्गः

Now, the category of food flavouring food, condiments/aromatics

(1)
Musk varieties
(kastūrī prakārāḥ / कस्तूरी प्रकाराः)

कस्तूरी त्रिविधा प्रोक्ता नेपालावन्तिभूमिजा ।
काश्मीरजेति विख्याता देशभेदास्त्वनेकधा ।।1।।

Musk (kastūrī) is of three varieties. viz, nepālaja, avanti and kāśmīraja. It is of different types based on the types of region[1].

(2)
Musk colour
(kastūrī varṇāḥ / कस्तूरी वर्णाः)

अवन्ती कृष्णवर्णा च नेपाला लोहिता स्मृता ।
काश्मीरजा तु कपिला वर्नभेदात् त्रिधा मता ।।2।।

The Avanthi variety is black, the nepāla variety is red, and the kāśmīra variety is reddish brown. In this way, kastūrī is of three different colours[2].

(3)
Musk qualities
(kastūrī lakṣaṇāḥ / कस्तूरी लक्षणाः)

भक्षणे तिक्तकटुका घर्षणे कृष्णपीतिका ।
दर्शने माषसदृशा चर्मगन्धानुलेपनात् ।।3।।

On eating musk (kastūrī), it is bitter and spicy (in taste), on rubbing, it is blackish yellow and resembles black gram, on application, it possesses skin aroma (carmagandha)[3].

(4)
Musk as medicine
(kastūrī guṇāḥ / कस्तूरी गुणाः)

कस्तूरी कफहा कषायकटुका तिक्ता सुगन्धप्रदा ।
लक्ष्मीपुष्टि यशस्करी विषहरी कान्तिप्रदा बृंहणी ।।4।।
वृष्या वश्यकरी मरुत्क्रिमिहरा घ्राणेन्द्रियाह्लादिनी ।
कण्डूपूतिविनाशनी रुचिकरी लावण्यदा दीपनी ।।5।।
(चा.च)

Musk (kastūrī) mitigates kapha, is astringent, pungent and bitter; has a pleasant aroma, promotes prosperity, nourishment, fame, complexion and strength; acts as an aphrodisiac makes others spellbound (fascinated); alleviates poison, diseases of vāta, worm infestation, pruritis and bad odour, imparts pleasure to the nose, promotes taste, beauty and kindles appetite[4].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

कस्तूरी कफवातरक्तशमनी हृद्या सुगन्धप्रदा ।
सौभाग्यप्रवरा यशस्करवती वश्या परं बृंहणी ।।6।।
वृष्यकान्तिकरी सदा शुभकरी लावण्य लक्ष्मीकरी ।
यक्ष्मातङ्कविषापहा क्रिमिहरा तिक्ता कषायानिभा ।।7।।
(चा.च)

Musk (kastūrī) is beneficial in the diseases of kapha, vāta and rakta, pleasing to the heart, imparts a pleasant smell, is best to generate good luck, promotes fame, holds others spellbound, well nourishing, aphrodisiac, promotes complexion, always auspicious, enhances beauty and prosperity, effective in tuberculosis, poison and worm infestation, bitter and astringent[6-7].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

———

5-6 śloka mentioned in the manuscript under this section are not legible and, hence not published here.

(5)
Testing for quality musk
(kastūrī parīkṣāḥ / कस्तूरी परीक्षा)

या गन्धं केतकीनां वहति परिमलं वर्णतः पिच्छिलाभा ।
स्वादौ तिक्ता कटुत्वाल्लघुतरतुल्या मर्दिता चिक्कणाभा ।।8।।
दग्धा नो याति भस्मं चिमिचिमितकरी चर्मगन्धा हुताशे ।
सा शुद्धा शोभनीया वरमृगतनुजा राजयोग्या प्रसिद्धा ।।9।।
(चा.च) (गन्धवाद)
करतलजलमध्ये स्थापनीयं महद्भिः पुनरपितदवश्यं चिन्तनीयं मुहूर्तम् ।
भवति यदि सरक्तं तज्जलं पीतवर्णं भवति च मृगनाभिः कृत्रिमोऽयम् विकारः ।।10।।

That which possesses an aroma similar to the smell of ketaki flower (ketakī), which has slimy colour (similar to oil), is sweet, bitter and pungent in taste, extremely light, attains smoothness on grinding (crushing), on burning it is non-combustible, makes chirping sound (cimi-cimi) and smells like burnt leather/skin when put in fire is considered as pure, beautiful, originated from a healthy musk deer and is ideal for usage by kings[8-9].

Place ketakī on the palm filled with water and wait for 48 min (one muhūrta). If the water turns red and ketakī turns yellow, it is to be considered as an artificial one[10].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

यः स्थापितो हस्ततलेन तोयं मुहूर्तमात्रं परिचिन्तनीयम् ।
पीतोदके रक्तसमानवर्णं कस्तूरिशोधा कुरु पण्डितेन ।।11।।

When ketakī is placed on the palm filled with water for 48 min (one muhūrta), if the water turns yellow and ketakī resembles blood (red) it should be considered pure. (opposite to those mentioned above)[11].

(6)
Age-wise musk usage
(kastūrī upayogavidhiḥ / कस्तूरी उपयोगविधिः)

बाले जरति च हरणे क्षीणे रोगे च मन्दगन्धयुता ।
कामातुरे तु तरुणी कस्तूरी बहुल परिमला भवति ।।12।।

In childhood, old age, and those debilitated by the disease should use a variety of ketakī with faint smell. Those who are lustful (infatuated) and young women should use a highly aromatic variety of ketakī[12].

(7)
Civet oil
(gandhamārjara guṇāḥ / गन्धमार्जर गुणाः)

वातश्लेष्महरं गन्धमार्जारवृषणं गुरु ।
वस्त्रादिवासितं किञ्चित् सुगन्धं च प्रयच्छति ।।13।।

Civet oil mitigates vāta and kapha, is heavy, when a small quantity is applied on clothes, etc, it imparts fragrance[13].

(8)
Civet musk
(javvādi guṇāḥ / जव्वादि गुणाः)

जव्वादि नाम विख्याता शुभदा पार्वतीप्रिया ।
यशस्करी पुष्टिकरी भूभुजां शिरसा धृता ।।14।।
हृदयाह्लादगन्धाढ्या भाति केतकिमिश्रिता ।
उष्णवीर्या मृगोद्भूता कफमारुतकुष्ठहा ।।15।। (चा.च)

Civet musk javvādi(Telugu), gandhamārjāra is famous, auspicious, dear to Goddess Parvathi, imparts fame and nourishment, applied by kings on their heads, possesses smell which pleases the heart significantly when combined with ketakī; when combined with ketakī it is hot in potency and is beneficial in the diseases of kapha, vāta and kuṣṭha[14-15].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

शुद्धा राजकुमारभोगसुखदा सौभाग्यपुष्टिप्रदा ।
वृष्या स्वेदमलादिमोचनकरी सौभाग्यसम्पत्करी ।।16।।

दोषघ्नी च शिरोभ्रमादिशमनी कान्तामनोरञ्जनी ।
भूतप्रेतपिशाच दर्पशमनी सिद्धा जवादिस्मृता ।।17।।

Pure civet musk javvadi promotes pleasure, happiness, fortune, nourishment, and vigour to Regal lineage, removes sweat and other impurities, imparts good luck and prosperity, alleviates doṣa and giddiness, etc., amuses the mind of women and suppresses the pride of evil beings (bhūta), dead and decaying (preta) and demons (piśāca) and eradicates them [17].

(9)
Black agarwood
(kṛṣṇāgaru guṇāḥ / कृष्णागरु गुणाः)

उष्णं तीक्ष्णं ग्राहि हृद्यं वातश्लेष्म स्थौल्यमेदोविषघ्नं ।
सूर्यावर्तं कर्णशूलार्दितं यत्कण्डूकुष्ठम् हन्ति कृष्णागरु स्यात् ।।18।। (चा.च)

Black variety of black agarwood (agaru) is hot, sharp, water absorbent, good for heart, beneficial in diseases of vāta, kapha, obesity, poison, cephalgia due to sunshine, otalgia (ear-ache), facial palsy, pruritis, and skin ailments[18].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

गन्धद्रुमाणां प्रवरः कृष्णागरु रिहोच्यते ।
सर्वगन्धादिभावत्वात् सुगन्धोत्कर्षणादपि ।।19।।

Black agarwood (kṛṣṇāgaru) is said to be the best among all the aromatic trees due to the presence of all aromatic properties and excellent fragrance[19].

(10)
White agarwood
(śvetāgaru guṇāḥ / श्वेतागरु गुणाः)

सितागरुर्गुणैर्हीनः कृष्णागरुतरो मतः ।
कफवातहरः सोऽपि देवदारुसमो गुणैः ।।20।।

The white variety of agarwood (śvetāgaru) has slightly fewer properties than the black variety. It mitigates kapha and vāta and has similar qualities to cedar (devadāru)[20].

(11)
Sandalwood
(śrīgandha guṇāḥ / श्रीगन्ध गुणाः)

श्रीगन्धं क्रिमिकुष्ठहारि विशदं तिक्तं कषायान्वितम् ।
शीतंपथ्यमरुत्कफघ्न मनल प्रध्वंसि पित्तास्रनुत् ।।21।।
वर्ण्यं बल्यतमं विदाहशमनं मोहापहं पीडनम् ।
मूर्छाच्छर्दि विसर्पकेषु च हितं स्वर्ग्यं परं श्रीकरम् ।।22।।
(चा.च)

Srigandha (sandalwood) removes worms, skin ailments, is pure, bitter, astringent, cold, wholesome, alleviates vāta and kapha, eradicates fire, epistaxis, promotes complexion, extremely strengthening; is beneficial in burning sensation, delusion, fainting, vomiting, acute spreading eruptions, imparts heavenly bliss and is extremely propitious[21-22].

(12)
Sandalwood varieties
(candana guṇāḥ / चन्दन गुणाः)

चन्दनं त्रिविधं विद्याद्रक्तं पीतं च पाण्डुरम् ।
तन्मध्ये रक्तकं श्रेष्ठं पीतं स्यादुत्तमोत्तमम् ।।23।।
अधमं पाण्डुवर्णञ्च गन्धज्ञैः समुदीरितम् ।
श्रेष्ठं मलयसञ्जातं यवद्वीपे च मध्यमम् ।।24।।
छेदे रक्तं घर्षे पीतमास्वाद्यं कटुतिक्तकम् ।
चन्दनस्य त्रयस्सारः ग्रन्थिखर्वर कोठरः ।।25।।
मेदो विवर्धनं वृश्यं तेजो धातुविवर्धनम् ।
अलक्ष्मीकविनाशं च नवोन्मादविनाशनम् ।।26।।
प्रत्यहं सविषोद्गारज्वरापस्मार नाशनम् ।
रक्तप्रसादनं वर्ण्यमन्तर्दाह विनाशनम् ।।27।। (चा.च)

Sandalwood is of three varieties- red, yellow and white. Among them the red variety is good, yellow variety is extremely best and white coloured variety is of inferior quality according to those who are well-versed in the subject of perfumes.

The one originating in the Western Ghats (Malaya) is best, and the one from Java,

Indonesia (Yavadvīpa) is mediocre. When cut or split, it is red and, on rubbing, is yellow, pungent and bitter.

Candana has three types: knotted, granulated (sāragranthi), fragmented (kharvara), and skeletal (koṭhara). It promotes fat formation, vigour, radiance and tissue formation. It eradicates poverty, alleviates acute insanity, poison, belches, fevers and epilepsy, purifies blood, imparts a good complexion to the body and removes internal burning sensation[23-27].

(13)
Tests for quality Saffron
(kuṅkuma parīkṣā / कुङ्कुम परीक्षा)

अतिरक्तं चिक्कणं च सूक्ष्ममुत्पलगन्धि च ।
काश्मीरदेशे सञ्जातमुत्तमं कुङ्कुमं भवेत् ।।28।। (चा.च)

Saffron which is extremely red, smooth and has subtle fragrance like that of blue lotus (utpala) and that which has originated in the land of Kashmir is considered the best[28].

(14)
Saffron flower
(kuṅkumapuṣpa guṇāḥ / कुङ्कुमपुष्प गुणाः)

कुङ्कुमं कफहरं पवनघ्नं त्वग्विकारहरणं व्रणनाशनम् ।
व्यङ्गकुष्ठतिलकादिकारणं श्रीकरं वितनुते मुखकान्तिम् ।।29।।
काश्मीरं कफवातहारि विशदं कण्डू क्रिमिघ्नं परम् ।
बल्यं वर्ण्यमशेषरोगहरणं सौभाग्यलक्ष्मीप्रदम् ।।30।।
पुण्यं पावनमूर्ध्वजत्रुजनिते रोगे च नस्ये हितम् ।
कुष्ठश्वित्रहरं सुगन्धि ललनाहृद्यं च रागे हितम् ।।31।।
(चा.च)

Saffron flower alleviates kapha and vāta; beneficial in relieving diseases of the skin, wounds, black patches on the face (facial melanosis), non-elevated mole (tilakālaka), etc.; promotes prosperity, enhances the complexion of the face. Kashmir variety mitigates kapha and vāta, is pure, useful in pruritis, removes worm infestation, imparts strength and complexion, eradicates many diseases, generates fortune and wealth, is pious, and destroys sin. It is effective when used as nasal administration in diseases of the upper part of the body above the clavicle; beneficial in skin ailments (leprosy) and leukoderma; has a good fragrance, pleases the mind of a woman and imparts colour effectively[29-31].

(15)
Black agarwood oil
(kṛṣṇāgarujataila guṇāḥ / कृष्णागरुजतैल गुणाः)

कृष्णागरुस्नेहमिदं सुगन्धि कफापहं कुष्ठकिलासहारि ।
विचर्चिकामण्डलददुकण्डूः विनाशयत्याशु समीरणं च ।।32।। (चा.च)

Black agarwood oil possesses a good fragrance and is beneficial in kapha disorders, skin ailments, leukoderma due to pitta (kilāsa), wet eczema, psoriasis (maṇḍalakuṣṭha), tinea, ringworm (dadru), pruritis and diseases of vāta[32].

(16)
Divine jasmine
(devamallikā guṇāḥ / देवमल्लिका गुणाः)

मनोज्ञगन्धा हृद्या च सतिक्ता देवमल्लिका ।
मदं तिक्तकषायः स्त्यात्सुरभिः कफनाशनी ।।33।।

Divine jasmine (devamallika) flowers possess a fragrance that pleases the mind, is good for the heart, is bitter and astringent, has an intoxicating aroma, and alleviates kapha[33].

(17)
Marjoram leaves
(davana guṇāḥ / दवन गुणाः)

हिमः पित्तानिलहरो दवनो हृद्यगन्धकः ।34।

Marjoram (davana) is cold, mitigates pitta and vāta and has a pleasant smell which pleases the heart[34]. Note: In this context, Marjoram= Origanum majorana L. is described Artemisia nilagirica (CLARKE) PAMP. Is also considered as davanamu(Telugu)

(18)
Yellow Camphor
(karpūra guṇāḥ / कर्पूर गुणाः)

कर्पूरं मधुरकषायतिक्ततीक्ष्णं श्वेतं तत्कटुकदुष्णशीतपानम् । वीर्यं च प्रभवति लेखनं विभेदि सौभाग्यं रदचलनुत्सुभाग्यहेतु ।।35।।

Yellow Camphor is sweet, astringent and bitter, is sharp, white, pungent and hot in potency, cold has special act (prabhāva), aids scraping, purgative, imparts good fortune and is useful in loose tooth[35].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

हिमस्तिक्तप्रायः कटुकमधुरः पीनसकरः (हरः-चा. च.) । तृषादाहौ हन्यान्नयन जनितव्याधिशमनः ।।36।।
हितोऽसौ पित्तार्ते शरदि च निदाघे तु न हिमे ।
वरं भेदी वीर्यं विततति रुचिदं चामलशशी ।।37।। (चा. च.)

Good quality camphor is cold, bitter, pungent, sweet, induces rhinitis (mitigates rhinitis - cā,ca), helpful in relieving polydipsia, burning sensation, eye diseases and diseases of pitta, beneficial in autumn and summer, not wholesome in cold (winter) season; is purgative, promote semen formation and enhances taste[36-37].

(19)
Camphor
(karpūra guṇāḥ / कर्पूर गुणाः)

कर्पूरो मधुरस्सतिक्त कटुकच्छेदी विदाहापहा ।
तृष्णाघ्नो रतिकारकःश्रमहरो नेत्राञ्जने पूजिता ।।38।।

Camphor is sweet, bitter, pungent, excising (tearing), alleviates burning sensation, polydipsia, fatigue, promotes lust and is effective as eye salve/collyrium[38].

(20)
Ikkari
((i(hi)kkari guṇāḥ / इक्करि गुणाः)

अत्युत्तमं इ(हि)क्करिनामधेयं कर्पूरमिष्टं भजतां जनानाम् । त्रिदोष वैवर्ण्यहरं क्रिमिघ्नं नेत्रामयघ्नं लघु दीपनीयम् ।।39।। (चा. च)

Ikkari/hikkari variety of camphor is considered as best by majority of people. It alleviates tridoṣa, discoloration (disease related to complexion), worm infestation, eye diseases; is light and kindles appetite[39].

(21)
Cīni variety of camphor
(jānikarpūra guṇāḥ / जानिकर्पूर गुणाः)

कटुकरस सतीक्ष्णं क्षाररूक्षं लघुस्याद्विशदरसकषायं तिक्तकं तिक्तपाकम् ।
भ्रमरसजनितं यत्पिच्छिलंपाकशस्तत्कफ मुखनयनोत्थान् हन्ति जत्रूर्ध्वरोगान् ।।40।।

Chīni variety of camphor is bitter and astringent in taste, sharp, alkaline, dry, light, pure, and better in the digestive stage; solidified extract, which is slimy, is beneficial in diseases of kapha, oral diseases, eye diseases, and diseases of upper part/throat above the clavicle[40].

(*)
Another reading
(pāṭhāntare / पाठान्तरे)

उष्णः कष्टतमो मदभ्रमकरः स्वेदास्रपित्तापहो ।
जन्तूनां निवहं निहन्ति तरसा छिनत्ति नाम्ना शशी ।।41।।
तिक्तश्चोष्ण समुद्रगन्ध जटिलः शुक्लक्षयायोदितः ।
तत्तद्धातुगदान् ददाति चनलं शूलादिकां श्वाहरेत् ।।42।।

Chianatthi variety of camphor is hot, generates hardship, intoxication and giddiness; relieves sweat, epistaxis, and all worms; bitter, hot, has an odour similar to sea breeze, complex, diminishes sperm formation; useful in tissue level disorders (dhāttgada), and alleviates pain[41-42].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

चीनिसंज्ञं तु कर्पूरं तिक्तं दन्तप्रलेपि च ।
ईषत्सुगन्धि कटुकं पित्तलं क्रिमिघाति च ।।43।।

Cīni variety of camphor is bitter, sticks to the tooth, is slightly aromatic pungent, aggravates pitta, and removes worms[43].

(22)
Udaya Bhaskara variety of camphor
(udayabhāskarakarpūra guṇāḥ / उदयभास्करकर्पूर गुणाः **)**

तृष्णादाहविमेहवात कफ पैत्योद्गारमूर्छाविष ।
त्वग्दन्ताक्षि शिरोरुजोपशमनः केशादि संवाहने ।।44।।
प्रख्यातस्तनुकान्तिदीपनकरः क्षोणीभृतां वल्लभः ।
कर्पूरोदयभास्करो निधुवने कन्दर्प दर्पप्रदः ।।45।।

Udayabhāskara variety of camphor is effective in polydipsia, burning sensation, polyuria, diseases of kapha, vāta and pitta, belching, fainting, poison and in diseases of skin, teeth, eye and head; beneficial for anointing hair, promotes glow (lustre) of the body, beloved by kings and enhances the pride of cupid (kandarpa)[44-45].

(23)
All varieties of Camphor
(sarvakarpūra guṇāḥ / सर्वकर्पूर गुणाः **)**

कर्पूराणि च सर्वाणि पित्तलानि विशेषतः ।
पीतकर्पूरजं श्रेष्ठं तत्र चीनी वरा मता ।।46।। (चा.च)

All types of camphor particularly aggravate pitta. The yellow variety of camphor is best. cīni variety is better[46].

(24)
Fresh Camphor
(navīna evaṁ purāṇa karpūra guṇāḥ / नवीन एवं पुराण कर्पूर गुणाः **)**

सर्वं नवमभिष्यन्दि कर्पूरं तदिहोच्यते ।
पुराणं सर्वदोषघ्नमिति केचित् प्रचक्षते ।।47।।

Some opine that all types of fresh camphor cause obstruction to the channels, and old varieties alleviate all doṣa[47].

(25)
Contra indications to camphor
(karpūra varjyāḥ / कर्पूर वर्ज्याः **)**

तैलपीतो मद्यमत्तश्चाम्लभूत पित्तरोगवान् ।
परित्यजेत्स कर्पूरं ज्वरी चैव विशेषतः ।।48।। (चा.च)

Camphor is contraindicated to those who consumed oil for purificatory purpose (prior to pañcakarma), alcohol, sour substances; suffering from diseases of pitta and especially fever[48].

(26)
Musk deer
(pūtyaṇḍaja guṇāḥ / पूत्यण्डज गुणाः **)**

पूत्यण्डजो मदस्तद्वदकालपलितप्रदम् ।49।

Musk deer usage has similar contraindications as camphor; further, it induces premature greying of hair[49].

(27)
Fragrant powder
(nānāgandhacūrṇa guṇāḥ / नानागन्धचूर्ण गुणाः **)**

नानागन्धविमिश्रितं विनिहरेच्छ्लेष्माण मुन्मूलयेत् ।
तृष्णां तद्वितनोति कोपमुदितं पित्तस्य संसेवनात् ।।50।।

Powder of combination of all aromatic substances alleviates kapha, aggravates polydipsia and pitta[50].

इति द्रव्यरत्नावल्यां गन्धद्रव्यवर्गः समाप्तः

Thus it ends the description of the group of flavours and condiments in Dravyaratnāvali.

57. ADORNING FLOWERS AND FRAGRANT SUBSTANCES

Puṣpadhāraṇavargaḥ / पुष्पधारणवर्गः

Now, the category of (wearing) flowers.

(1)
Duration of wearing flowers
(puṣpabhogapramāṇa / पुष्पभोगप्रमाणम्)

यामार्धं जाजिपुष्पं विशदपरिमलं कौटजं याममात्रम् ।
वर्ण्यं रक्तोत्पलं च त्रिदिनमपि तथा केतकी पञ्चरात्रम् ।।1।।
मल्लीपुष्पं द्वियामं शतदलकुसुमं द्वित्रिरात्रं प्रदिष्टम् ।
यूथी सञ्जातपुष्पं दिनमुदितमिदं पुष्पभोगप्रमाणम् ।।2।। (चा. च.)

The duration of freshness and fragrance of the flowers is as follows: flowers of royal jasmine (jāji) for 90 minutes (half yāma); scented flowers of "dysentery rose bay (kuṭaja)" for three hours (one yāma); red lotus (raktotpala) which promotes complexion for three days; flowers of "umbrella tree/ screw pine/ pandanus (ketaki) for five nights; rose jasmine/ butt mograw (malli) for six hours (two yāma); flowers of chrysanthemum (śatadala) for two or three nights; flowers of jasmine (yūthika) for a day. In this way one can enjoy the scent of flowers[1-2]. [One Yāma = threee hours]

(2)
Jasmine flowers
(jātīpuṣpa guṇāḥ / जातीपुष्प गुणाः)

जाती त्रिदोषान् सकलाङ्गदाहान् हरेत्सुगन्धातिशयान्मनोज्ञम् ।
विदग्धकान्ताजन मोहनीयं निवारयन्ती नयनादिरोगान् ।।3।।

Jasmine flowers (jāji, jātī) are effective in relieving tridoṣa, burning sensation of all body parts, gives extreme fragrance which pleases the mind, attracts the beautiful woman with burnt heart (due to lust), and prevents eye diseases[3].

(3)
Clone scented echites
(mālatī guṇāḥ / मालती गुणाः)

मालती शुभमनोहरगन्धा केशवृद्धिमनसां प्रसादनी ।
श्रीप्रसादमनसा जनवश्या गन्धवत्कुसुमजाति वरेष्टा ।।4।।

Clone scented echites (mālatī) is pious, has pleasant and attractive scent, improves hair growth, pleasing to the mind, promotes prosperity, subjugates people. Considered best among the group of scented flowers[4].

(4)
Screw pine flowers
(ketakīkusuma guṇāḥ / केतकीकुसुम गुणाः)

केतकीकुसुमं सर्वपुष्पगन्धादिगन्धि च ।
केतक्याः कुसुमं निहन्ति पवनं श्लेष्माणमुन्मूलयेत् ।।5।।
उष्णत्वाद्वितनोति कोपमतुलं पित्तस्य संसेवनात् ।
कान्तानां हृदयारविन्द दलने सूर्यांशुतुल्यप्रभम् ।।6।।
कन्दर्पोत्सव मूलकन्दममलं भूपैस्सदा भुज्यते ।7। (चा. च.)

Umbrella tree/screw pine (ketakī) flowers possess fragrance of all the flowers, pacifies vāta and kapha, as it is hot it aggravates pitta; similar to the sun rays which makes the hearts of women blossom like lotus. It initiates Cupid festival (lust) and is always availed by Kings[6-7]

(5)
Chrysanths flowers
(śatapatrakusuma guṇāḥ / शतपत्रकुसुम गुणाः)

शतपत्रं हिमं सौम्यगन्धमिन्द्रियवर्धनम् ।
नात्युष्णशीतं शुभगातिगन्धं दृष्टिप्रसादं वितनोति केश्यम् ।।8।।
शिरोभ्रमं हन्ति शरीरजाड्यं शतच्छदं वश्यमुदाहरन्ति ।9। (चा. च.)

Chrysanths flower (śatapatrakusuma) is cold, possesses mild fragrance, improves nourishment of sense organs; it is neither too hot nor cold, has pious aroma, promotes clear vision, hair growth; relieves giddiness of head, prevents laziness of body and aids subjugation[8-9].

(6)
Jasmine flowers
(mallikākusuma guṇāḥ / मल्लिकाकुसुम गुणाः)

मल्लिकाकुसुमं तीक्ष्णं गन्धं यामार्धगन्धि च ।
वीर्येणोष्णं मल्लिकायाः प्रसूनं श्लेष्मघ्नं स्यादृष्टि पुष्टिं करोति। ।10 । । (चा. च.)
भूयो भूयः सेव्यमानं तु कुर्याद्यूकप्रायं केशजातं समस्तम् ।11।

Jasmine sambac flowers have sharp scent which lasts for four and half hours(one and a half yāma), hot in potency, mitigates kapha and improves vision. If used in abundance, it prevents lice on hair[10-11].

(7)
Twisted Jasmine flower
(nepālikāprasūna guṇāḥ / नेपालिकाप्रसून गुणाः)

नेपालिकाप्रसूनं तु तोयसौगन्ध्यकृत्परम् ।
शीतं पित्तहरं वृष्यं मनोज्ञं सर्वदोषहृत् । ।12 । ।

Twisted Jasmine flower imparts fragrance to water, cold, pacifies pitta,is aphrodisiac, pleasing to mind and alleviates all doṣa[12].

(8)
Egyptian lotus
(raktotpalapuṣpa guṇāḥ / रक्तोत्पलपुष्प गुणाः)

रक्तोत्पलं पित्तविकारहारि नेत्रप्रसादं कुरुतेऽतिकेश्यम् ।
मनोहरं मन्मथवृद्धिहेतुस्तृड्दाहकोपप्रशमाय शस्तम् । ।13 । । (चा. च.)

Egyptian lotus (water lily) is beneficial in alleviating disorders of pitta, soothes the eyes, improves hair growth, pleasing to mind, promotes lust; effectively relieves polydipsia and burning sensation[13].

[egyptian lotus *Nymphaea nouchali* BURM. F., *Nymphaea lotus* Hook. F.(Non L). *Nymphaea pubescens* Willd. , *Nymphaea rubra* Roxb. Ex Andrews]

(9)
Trumpet flower
(pāṭalīkusuma guṇāḥ / पाटलीकुसुम गुणाः)

पाटलीकुसुमं शीतं परं तोयाधिवासनम् ।
पाटल्याः कुसुमं मनोमलहरं पानीयदोषापहम् । ।14 । ।
तृष्णादाह विनाशनाय जनितं श्रेयस्करं श्रीकरम् ।
कान्तिं सन्तनुते विशिष्टमतिभिः संसेव्यते सर्वदा । ।15 । ।
पित्तस्योन्नतिदायिनी सुरभिणां गन्धेन सन्दर्भितम् ।16। (चा. च.)

Trumpet flowers (pāṭala) are cold, impart scent to water, cleanse the mind, eliminate impurities (defects) of water; relieves polydipsia and burning sensation, more desirable, propitious, promote body radiance, worn by highly intellectual persons always, aggravate pitta, categorised under fragrant substances[14-16].

(10)
Golden Champa, yellow Jade orchid tree flowers
(campakapuṣpa guṇāḥ / चम्पकपुष्प गुणाः)

प्रसूनं चम्पकस्यापि वृष्यं शीतं मनोहरम् ।17 ।

Yellow jade orchid flowers (campaka) are aphrodisiac, cold and pleasant to mind[17].

( )
Variant text
(granthāntare / ग्रन्थान्तरे)

चम्पकप्रसवमिष्टसुगन्धं भूसुरामरमहीपतिप्रियम् ।
वातपित्तशमनं खलु वृष्यं स्वर्णवर्णमपि षट्पदघाति । ।18 । । (चा. च.)

Campaka flower has adorable smell,is beloved by brahmins, Gods/Deities and Kings; pacifies vāta and pitta, is aphrodisiac, golden in colour and is hated by bees (bumble bees/fireflies)[18].

(11)
Indian oleander flowers
(karavīrapuṣpa guṇāḥ / करवीरपुष्प गुणाः)

शीतलं हृद्यगन्धं तु करवीरप्रसूनकम् ।
रक्तपित्तप्रशमनं केश्यं नेत्रामयापहम् ।।19।।

Indian oleander (karavīra) flowers are cold, possess smell pleasing to heart, alleviate epistaxis, are suitable for hair growth and prevent eye diseases[19].

(12)
Yellow oleander flowers
(hayamārapuṣpa guṇāḥ / हयमारपुष्प गुणाः)

हयमारभवं पुष्पं शिरः कण्डूनिवारणम् ।
रक्तदोषहरं क्लेश्यं यूकादिविनिवारणम् ।।20।। (चा. च.)

Flowers of yellow oleander (hayamāraka) eliminate pruritis on head, disorders of vitiated blood, are suitable for hair and eradicate lice, etc[20].

(13)
Beach calophyllum flowers
(Beach calophyllum flowers / पुन्नागपुष्प गुणाः)

पुन्नागकुसुमं हृद्यं चित्तविभ्रमनाशनम् ।
शिरोभ्रमणजाड्यादि कफं हन्ति विशेषतः ।।21।। (चा. च.)

Beach calophyllum flowers (punnāga) are pleasing to heart, eliminate psychological disorders, beneficial in relieving giddiness of head, laziness and effective in diseases of kapha[21].

[Tamanu/oilnut/mast wood/beauty leaf]

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

पुन्नागकुसुमं ग्रन्थि हृद्यं शोणितपित्तनुत् ।22।

The fragrance of punnāga flowers is pleasing to the heart and alleviates epistaxis[22].

(14)
Iron wood flowers
(surapunnāgakusuma guṇāḥ / सुरपुन्नागकुसुम गुणाः)

सुरपुन्नागकुसुमं वातपित्तहरं परम् ।
आह्लादजननं केश्यं वर्धनं वल्लभप्रदम् ।।23।।

Iron wood flowers effectively mitigate vāta and pitta, impart pleasure, promote hair growth and attract the beloved (lover)[23].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

सुरपुन्नागपुष्पं तु सुगन्ध्यक्ष्यामयापहम् ।24।

[Ceylon ironwood *Mammea suriga* (BUCH.-HAM. EX ROXB.) surapunnaga (Telugu, Ssanskrit)]

(15)
Bullet wood flowers
(vakulapuṣpa guṇāḥ / वकुलपुष्प गुणाः)

वकुलं मधुगन्धं च मनोज्ञं प्रीतिवर्धनम् ।25।

Bullet wood (Spanish cherry/medlar) flowers possess aroma similar to honey, pleasing to mind and promote affection (attachment)[25].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

वकुलद्रुमजं पुष्पं शिरोरोगविनाशनम् ।
तद्वातदुःखशमनं कान्तिसौभाग्यवर्धनम् ।।26।। (चा. च.)

Bullet wood flowers are useful in alleviating diseases of head, disorders of vāta; promote radiance and fortune[26].

(16)
Rosary pea flowers
(atimuktapuṣpa guṇāḥ / अतिमुक्तपुष्प गुणाः)

अतिमुक्तकपुष्पं तु मधुगन्धं मनोहरम् ।27।

Rosary pea (atimuktaka) has a sweet smell and is pleasing to mind[27].

Note: In this context the manuscript mentions the title as "guruvinda in Telugu, which is *Abrus precatarious*/ rosary pea. Whereas, the term "Atimuktaka" stands for one of the following: 1.*Tinduka-Diospyros tomentosa* or 2. Aśmagarbhaka- *Ougeinia(Desmodium) oojeinensis* or 3. Mādhavi-*Hiptage benghalensis*.

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

माधवीसूनमत्यन्तं कफमारुतनाशनम् ।
सृतासृग्रोचनानन्द कारणाय विनिर्मितम् ।।28।।

Flowers of mādhavī pacify extremely aggravated kapha and vāta, impart happiness to those who underwent blood-letting therapy[28].

Note: Madhavilatha- *Hiptage bengalensis*-helicopter flower

(17)
Nāranga Flowers
(nāraṅgapuṣpa guṇāḥ / नारङ्गपुष्प गुणाः)

हृद्यं नारङ्गजं पुष्पमाह्लादजननप्रदम् ।
वर्ण्यं वश्यप्रदं केश्यं दृष्टिदोषविनिवारणम् ।।29।।

Mandarin flowers (nāraṅgapuṣpa) impart pleasure, promote complexion, gain control over others, aid hair growth and prevent eye disorders[29].

(18)
Nāranga Flowers
(nāraṅgapuṣpa guṇāḥ / नारङ्गपुष्प गुणाः)

नारङ्गपुष्पं कटुकं सुगन्धं च मनोहरम् ।30।

Nāranga flowers are pungent, fragrant and pleasing to mind[30].

(19)
Indian jasmine flowers
(kundapuṣpa guṇāḥ / कुन्दपुष्प गुणाः)

कुन्दपुष्पं मनोहारि गन्धं चक्षुष्यमुत्तमम् ।31।

Indian jasmine flowers are beautiful, fragrant wholesome for eyes and promote longevity[31].

(20)
Āsphoṭa flowers
(āsphoṭakusuma guṇāḥ / आस्फोटकुसुम गुणाः)

आस्फोटकुसुमं केश्यं पवित्रं प्राणिनां हितम् ।
श्रमक्लमहरं तावद्वातरोगनिवारणम् ।।32।।

Flowers of Āsphoṭa promote hair growth, are pious, wholesome for living beings, and beneficial in physical exhaustion, weariness of body and mind (without exertion) and diseases of vāta[32].

(21)
Indian hog plum flowers
(āmrātakasya kusuma guṇāḥ / आम्रातकस्यकुसुम गुणाः)

आम्रातकस्य कुसुमं शोरिरोगनिवारणम् ।
कान्तिसौभाग्यजननं वातपित्तहरं स्मृतम् ।।33।।

Indian hog plum flowers (Āmrātaka) prevent diseases of head, promote complexion, fortune; alleviates vāta and pitta[33]. [wild mango]

(22)
Khus Khus
(sātalakusuma guṇāḥ / सातलकुसुम गुणाः)

सातलं हरयेद्दाहं रक्तपित्तनिवारणम् ।
शीतलं ग्राहि हृद्यं च प्रवाहणनिवारणम् ।।34।।

Khus khus (kuruveru) alleviates burning sensation, epistaxis, is cold, water absorbent, pleasing to heart and prevents dysentery[34].

Note: The śloka mentions the term "Sātala" which stands for *Acacia sinuata* (LOUR.) MERR., where as the Telugu title "Kuruveru" stands for khus *Andropogon muricatum* Roxb

(23)
False calumba Tree turmeric flower
(kāleyakakusuma guṇāḥ / कालेयककुसुम गुणाः)

कालेयकं पित्तविषापहं च शिरोरुजं वर्ण्यकरं कफघ्नम् ।
सौख्यप्रदं पित्तहरं च वृष्यमाह्लादवश्यं कुरुतेतरांश्च ।।35।।

False calumba tree turmeric flowers are beneficial in diseases of pitta, poison, diseases of head, kapha disorders, promotes complexion, happiness, vigour, pleasure and held others spellbound[35].

(24)
Sweet marjoram
(maruvapatra guṇāḥ / मरुवपत्र गुणाः)

मरुवं छदनं पित्तसमीरणनिबर्हणम् ।
यूकक्षोभं च तरसा सुगन्धातिशयं शुभम् ।।36।। (चा. च.)

Leaves of sweet marjoram (maruvam) flowers pacify pitta and vāta, eliminate lice, are very fragrant and auspicious[36].

(25)
Indian worm wood leaves
(dāntapatra guṇāḥ / दान्तस्यपत्र गुणाः)

दान्तस्य पत्रं कफवातहारि रक्तावहो ग्राहि बलप्रदं च ।।37।।

Leaves of Indian worm wood (dāntapatra, davanam(Telugu)) leaves are fragrant and wearing them mitigates aggravated kapha and vāta, promotes blood formation, imparts strength and acts as water absorbent[37].

(26)
Clove buds
(lavaṅgakalikā guṇāḥ / लवङ्गकलिका गुणाः)

लवङ्गकलिका हृद्या रुच्या वर्ण्या बलप्रदा ।
वक्त्र दौर्गन्ध्यहारिणी वातपित्तहरा परम् ।।38।

Clove buds (lavaṅgakalikā) are wholesome for the heart, promote taste, complexion and strength, remove bad breath/ halitosis, pacifiy vāta and pitta effectively[38].

(27)
Vetiver grass flowers
(uśīrakusuma guṇāḥ / उशीरकुसुम गुणाः)

उशीरं शीतलं तिक्तं दाहशान्तिकरं च तत् ।39।

Vetiver grass (usīra) flowers are cold, bitter and pacify the burning sensation[39].

(28)
Porcupine flower
(saireyakapuṣpa guṇāḥ / सैरेयकपुष्प गुणाः)

सैरेयकस्य पुष्पंस्यादुग्रगन्धकफावहम् ।40।

The porcupine flower (saireyaka) possesses a sharp smell and generates diseases of kapha[40].

(29)
Lotus flower
(tāmarapuṣpa guṇāḥ / तामरपुष्प गुणाः)

मनोहरं तामरसं लक्ष्मीपुष्टिविवर्धनम् ।41। (चा. च.)

Indian sacred lotus (tāmara) is pleasant to mind, enhances prosperity and nourishment[41].

(30)
Blue water lily
(indīvarapuṣpa guṇāḥ / इन्दीवरपुष्प गुणाः)

इन्दीवरं हिमं रम्यगन्धं पित्तहरं परम् ।42।

Blue water lily (indīvara) is cold, possesses a pleasant aroma and effectively alleviates pitta[42].

(31)
Rājasaugandhika flower
(rājasaugandhikapuṣpa guṇāḥ / राजसौगन्धि कपुष्प गुणाः)

राजसौगन्धिकं हृद्यगन्धं तिक्तं हिमं गुरु ।43।

Rājasaugandhika flowers possess pleasant aroma, are bitter, cold and heavy[43].

(32)
Water lily
(kumudapuṣpa guṇāḥ / कुमुदपुष्प गुणाः)

कुमुदं शीतलं हृद्यं मृदु (मधु)गन्धि च पित्तहृत् ।44 । (चा. च.)

Water lily (kumuda) is cold, pleasing to heart, poses soft fragrance (similar to Honey) and alleviates pitta[44].

(33)
East India rose bay
(nandyāvartapuṣpa guṇāḥ / नन्द्यावर्तपुष्प गुणाः)

नेत्रपुष्पहरं तिक्तं नन्द्यावर्त प्रसूनकम् ।45 । (चा. च.)

Flowers of East India Rose Bay (nandyāvarta) eliminate cataracts and are bitter[45].

(34)
Small flowered ixora
(kuravakapuṣpa guṇāḥ / कुरवकपुष्प गुणाः)

सुगन्धं च कषायं च पुष्पं कुरवकोद्भवम् ।46 ।

Small flowered ixora (kuruvaka) flowers possess pleasing aroma and are astringent in taste[46].

Note: The term "Korivi(Telugu)" mentioned in the Telugu manuscript indicates "Ixora arborea ROXB. EX J.E. SM, whereas the term mentioned in the śloka "kuruvaka" indicates Barleria cristata L.

(35)
Small flowered ixora nectar
(puṣpodbhavarasa guṇāḥ / पुष्पोद्भवरस गुणाः)

इन्द्रलुप्तहरं तस्याः पुष्पोद्भवरसं विदुः ।47 ।

Flower nectar of kurava prevents baldness[47].

(36)
Information about usage flowers from cārucarya text
(taccārucaryā / तच्चारुचर्या)

सुगन्धानि सुपुष्पाणि नित्यं शिरसि धारयेत् ।
क्लेशक्लेद समुद्भूत स्वेद दुर्गन्धनाशनम् ।।48 ।। (चा. च.)
चक्षुष्यं दाहशमनं सौमनस्य च धारणम् ।
जवाद्यालिप्य केतक्याः कोमलं धारयेद्दलम् ।।49 ।।
रक्तोत्पलं यूथिपुष्पं चन्दनैः सह धारयेत् ।
मलिने मल्लिका धार्या निर्मले जाति कौटजम् ।।50 ।।
अभ्यङ्गे केतकी धार्या पल्वलं सततं धरेत् ।
जाती कुटज नेपालं श्रीकण्ठं गिरिमल्लिका ।।51 ।।
मकरन्देन संयुक्तं शिरसा धारयेद्बुधः ।52 । सर्वाण्येतानि तुल्यानि रसतो वीर्यतस्तथा । त्रिदोषशमनायेष्टं घर्मकाले प्रधारयेत् ।।53 ।। केतकी वकुलं पुष्पं श्रीकण्ठं शतपत्रकम् । श्रीपर्णम् चम्पकं पुष्पं वातश्लेष्महरं परम् ।।54 ।।
उष्णवीर्याद्वातहरं शीतकाले प्रधारयेत् ।55 । (चा. च.)

Flowers which are fragrant should be worn on the head all the time. They eliminate sweat and bad smells caused by exhaustion and sorrow. They are good for eyes, alleviate burning sensation and are pleasant to mind. The petals of pandanus (ketakī) mixed with civet musk (javvādi) are to be worn along with red lily (raktotpala), jasmine (jasmine) and sandalwood paste (candana).

Jasmine to remove impurities, flowers of kuṭaja for purity, ketakī for massage and always young leaves are to be worn/used. A wise man should wear on his head jāṭī, kuṭaja, nepala, srīkaṇṭha and girimallika flowers, which have nectar[48-52].

[Note: "palvala pallava"]

All these flowers have similar taste and potency. They alleviate tridoṣa and are especially to be worn in summer. Flowers of ketakī, bakula, śrīkaṇṭha, śatapatra, śrīparṇa and campaka are effective in alleviating vāta and kapha. Due to hot potency, they pacify vāta and are to be worn in winter[53-55].

(37)
Wearing Flowers according to season-1
(tatkālapuṣpadhāraṇa guṇāḥ / तत्कालपुष्पधारण गुणाः)

ह्रीबेरं मधुरं चैव नीलोत्पलसवत्सकम् ।
कुरवं माधवीपुष्पं करवीरं तथैव च ।।56 ।।
नात्युष्णं न च वा शीतं सर्वदोषनिबर्हणम् ।

निर्मलं नेत्ररोगघ्नं वर्षाकाले प्रधारयेत् ।।57।।
मुहूर्तं जातिपुष्पं च नेपालं चाष्टकं तथा ।
त्रिरात्रमुत्पलं चैव पञ्चरात्रं तु केतकी ।।58।।
द्विरात्रं शतपत्रं तु अर्धरात्रं तु मल्लिका ।
अहोरात्रं चम्पकं च मरुवं तु तथैव च ।।59।।
श्रीकण्ठमेकरात्रं तु वकुलं माधवी तथा ।
प्रहरैकं तु श्रीपर्णीपुष्पं वासं विधारयेत् ।।60।।
मन्दारं मधुरं चैव करवीरं तथैव च ।
यावत्कालं वहेद्गन्धं तावत्कालं तु पाटली ।।61।। (चा.च.)
त्रिदोषशमना जाती महादाहविनाशनी ।
सुगन्धी दोषशमनं कुटजं पुष्पमुच्यते ।।62।।
पित्तघ्नं विशदंशैत्यं चक्षुष्यं चोत्पलं तथा ।
श्लेष्मवातप्रशमनमुष्णभावं च निर्मलम् ।।63।।
पुष्पाणां प्रवरं रम्यं केतकी पुष्पमुच्यते ।
ईषदुष्णं सुगन्धं च सुशीतं पुष्टिदायकम् ।।64।।
शिरोभ्रमविदाहघ्नं शतपत्रं तु शोभनम् ।65। (चा. च.)
आधार्यं मल्लिकापुष्पं दृष्टिहानिस्तु जायते ।
चम्पकं वातशमनं चक्षुष्यं विशदं शुभम् ।।66।।
पाटली च महाशैत्या श्लेष्मवातप्रकोपनी ।
मन्दारं पैत्यदोषघ्नं कर्णबाधिर्यनाशनम् ।।67।। (चा.च.)
पाटलं धारयेत्किञ्चिन्मरुवेण समन्वितम् ।
ज्वरमूर्छापिपासघ्नं चक्षुष्यं दाहनाशनम् ।।68।। (चा.च.)

Flowers of hrībera, madhura, nīlotpala, vatsaka, kurava, mādhavī and karvīra, etc, are neither extremely hot nor cold; they eliminate all doṣa, are pure, relieve eye diseases and are to be worn in rainy season[56-57].

Flowers of jāji can be worn for 48 minutes (one muhūrta), nepāla for eight muhūrta, utpala (lillies)for three nights, ketakī for five nights, śatapatram for two nights, mallika till midnight (half night), campaka and maruvam for one complete day and night (ahorātra), śrīkaṇṭham, vakula and madhavi for one night, Srīparni flowers for one prahara, flowers of mandara, madhura, karavīra and pāṭalī can be as long as they remain fragrant[58-61]

[1 muhūrta - 48 minutes; 1 ahorātra - 24 hours; 1 prahara or 1 yāma - 3 hours]

Jāji flowers alleviate tridoṣa and extreme burning sensation. Flowers of kuṭaja are fragrant and pacify doṣa; utpala is beneficial in mitigating pitta, is clear, cold, good for eyes, relieves kapha and vāta, warm and pure[62-63].

Ketakī is best among all flowers, slightly hot and fragrant, cold and nourishing. Śatapatra is beneficial in giddiness of head and burning sensation and is graceful[64-65].

Flowers of mallikā are not worn and they are harmful to the eyes. Campaka flowers alleviate vāta, good for eyes, pure and auspicious. Paṭalī is very cold, aggravates kapha and vāṭā . Mandāra pacifies pitta and prevents deafness of ear[66-67].

Pāṭala flowers are to be worn along with little maruva. They eliminate fever, fainting, polydipsia, burning sensation and are good for eyes[68].

(38)
Wearing Flowers according to season-2
(ṛtvanusāra puṣpadhāraṇa guṇāḥ / ऋत्वनुसार पुष्पधारण गुणाः)

हेमन्ते शिशिरे चैव शतपत्रं तु शोभनम् ।
वसन्ते केतकीधार्या घर्मे नेपालमालती ।।69।।
वर्षे श्रीकण्ठकुटजे शारदे चम्पकं धरेत् ।
रक्तोत्पलं सार्वकालं धरेल्लक्ष्म्यभिवृद्धये ।।70।। (चा.च.)
माल्यं ... तु बहिर्नरकं जलजाद्दते ।71।

Chrysanths (śatapatra) flowers are gracious to be worn in winter and dewy (cold) seasons, screw pine (ketakī) flower in spring, Twisted Jasmine (nepala) flowers and clone scented echites (malatī) flowers in summer, śrīkaṇṭha and kuṭaja flower in rainy season and golden campa (campaka) flowers in autumn. Egyptian lotus (raktotpala) which promotes prosperity to be worn in all seasons[69-71].

Flowers/garlands other than lotus akin to hell (inauspicious).

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

हेमन्ते शिशिरे शतच्छ्दमयी मालातिसौभाग्यदा ।
केतक्याः कुसुमं वसन्तसमये ग्रीष्मोदये मालती (कौटजम्) ।।72।।
पुष्पं जातिसमुद्भवं च कथितं वर्षागमे पाटली ।
संसेव्या शरदागमे सति सदा रक्तोत्पलं धारयेत् ।।73।। (चा.च.)

In winter and dewy seasons, clone scented echites (malatī) with hundred petals is auspicious, flowers of the screw pine (ketakī) in spring and kurchi (kuṭaja) in early summer, jasmine flowers (jāji, jāṭī) in the beginning of rainy season, trumpet flower (pāṭalī) in autumn and Egyptian lotus (raktotpala) in all seasons can be used[72-73].

(39)
Forbidden flowers
(varjanīya puṣpāṇi / वर्जनीय पुष्पाणि)

मालां पर्युषितां महीतलगतामन्योपभुक्तां तथा ।
प्रायो रक्ततुरङ्गमारमिलितां मालिन्य वस्त्रावृताम् ।।74।।
निर्माल्यप्रभवां परैर्विरचितां कायेन चित्ते न वा ।
नो देवाय समर्पितां परिहरेद्बद्धां स्वहस्तेन वा ।।75।। (चा. च.)

Flower garlands which are rotten (soiled), which fell on the ground, which is worn by others, which are inter-woven with red Indian oleander (turangamāra) flowers, which are enveloped by impure/ dirty cloth; flowers though fresh, which are prepared and (imaginarily or physically) worn and discarded by others; though prepared by self that which are not offered to god are to be avoided[74-75].

इति द्रव्यरत्नावल्यां पुष्पधारणवर्गः समाप्तः

Thus it ends the description of the group of adorning flowers and garlands in Dravyaratnāvali.

58. JEWELLERY, PRECIOUS STONES

Ābharaṇavargaḥ / आभरणवर्गः

Now, the category of Jewellery and precious stones.

(1)
Jewellery
(bhūṣaṇa guṇāḥ / भूषण गुणाः)

भूषणैर्भूषयेदङ्गं यथाविभवशक्तितः ।
शुचिसौभाग्यवृद्ध्यर्थमायुर्लक्ष्मभिवृद्धये ।।1।।
येनकेनापि यत्नेन काञ्चनेन विनिर्मितम् ।
भूषणं धारयेन्नित्यं सर्वदोषविवर्जितम् ।।2।।
सुहृत्सु सुखदं नित्यं दर्शनेन प्रजायते ।3। (चा.च.)
मुक्ताविद्रुमवज्राह्व वैडूर्यस्फटिकादिकम् ।
मणिरत्नसरं शीतं कषायं स्वादुलेखनम् ।।4।।
चक्षुष्यं धारणार्थं पाप्मालक्ष्मीविषापहम् ।5।

One should beautify one's body with jewellery to the best of one's ability to promote purity, good fortune, longevity, and prosperity. By any means, he should possess gold jewellery and wear it constantly to eliminate all doṣa; they impart happiness to friends on seeing them[1-3].

Jewellery made of Pearl (mukta), coral (vidruma), diamond (vajra), cat's eye (vaidurya), Rhinestone, Quartz Crystal (sphatika), etc., precious stones are cold, astringent, sweet and scrapping; good for eyes, wearing them eliminates sin, poverty and poison[4-5].

(2)
Nine planets and precious stones
(ratna evaṁ graha sambandhaḥ / रत्न ग्रह सम्बन्धः)

भानौ माणिक्यकं चैव चन्द्रे मौक्तिकमेव च ।
अङ्गारके प्रवालं तु बुधे मरकतं तथा ।।6।।
बृहस्पतौ पुष्परागं शुक्रे वज्रं प्रकीर्तितम् ।
शनिग्रहे नीलकं च राहौ वैडूर्यमेव च ।।7।।
केतौ गोमेधिकं चैव नवरत्नान्यनुक्रमात् ।8। (चा.च.)
रत्नादिदेवतातुष्ट्यै भूषणान्यपि धारयेत् ।
तदेवाङ्गुलिका मुद्रा नवग्रहनिवारिणी ।।9।। (चा.च.)

The following are associations between planets and nine gems (navaratna) ruby (mānikya) for the sun (sūrya), pearl (mauktika) for moon, coral (pravāla) for mars (aṅgāraka), emerald (marakatam) for mercury (budha), topaz (puṣparāgam) for jupiter (bṛhaspati), diamond (vajram) for venus (śukra), sapphire (nīla) for Saturn (śanigraha), cat's eye (vaiḍhūryam) for rāhu and ketu Hessonite (gomedhika). In this way the nine gems (navaratna) are to be worn according to the planets. (Usually gomedhika for Rahu and vaiduryam for Ketu.)

Jewellery made of precious stones should be worn to please the deities. Finger-ring made with them eliminates the complications induced by the unwarranted effects of nine planets (navagraha)[6-9].

(3)
Earrings
(karṇābharaṇa guṇāḥ / कर्णाभरण गुणाः)

कर्णाभरण मत्यन्तं कामिनीजनरञ्जनम् ।
दोषहारि मनोहारि मनोभवनिकेतनम् ।।10।। (चा.च.)

Earrings are adored by women, alleviate doṣa, are pleasing to the mind and are the abode of cupid/displays attitude[10].

(4)
Earrings and finger-rings studded with nine gemstones
(navagraha karṇābharaṇa, mudrikā guṇāḥ / नवग्रह कर्णाभरण, मुद्रिका गुणाः)

नवरत्नसमाकीर्णं नवग्रहनिवारणम् ।
तदेवाङ्गुलिकामुद्रा सर्वकान्तिं प्रयच्छति ।।11।। (चा.च.)

Ornaments studded and embellished with the nine gems eliminate afflictions due to the nine planets (navagraha). A ring made with them imparts all types of radiance[11].

(5)

Finger-ring

(aṅgulīyaka dhāraṇa guṇāḥ / अङ्गुलीयक धारण गुणाः)

पवित्रम् पुण्यजनकमङ्गुलीयकधरणम् ।
प्रभावश्रीकरं नृणा मानन्दसुखदायकम् ।।12।। (चा.च.)

Wearing a ring is sacred and brings virtue and prosperity. It promotes joy and happiness in humans[12].

इति द्रव्यरत्नावल्यां आभरणवर्गः समाप्तः

Thus it ends the description of the group of jewellery and precious stones in Dravyaratnāvali.

59. MODES OF TRANSPORTATION, VEHICLES

Atha yānavargaḥ / अथ यानवर्गः

Now, here is the description of the category of transport/vehicles.

(1)
Open palanquin
(āndolikāyāna guṇāḥ / आन्दोलिकायान गुणाः **)**

आन्दोलिका श्रमहरा आयुष्या वीर्यवर्धना ।
लक्ष्मीयशोऽनिलकरी पुष्टिगाम्भीर्यदा शुभा ।।1।।

Travelling in an open palanquin removes physical exhaustion, promotes longevity, semen formation, prosperity, and fame, increases vāta, nourishment, and elegance and is auspicious[1].

(āndolikā also means "a swing-cot")

(2)
Closed palanquin
(śibikā guṇāḥ / शिबिका गुणाः **)**

सौभाग्यवर्धनी हृद्या शिबिका राजपूजिता ।
राजपदप्राप्तिहेतुस्सर्वगुणान्विता ।।2।।
राजयोग्यं बलकरं चतुरन्ताधिरोहणम् ।3।

Travelling on a closed palanquin/sedan chair promotes fortune, is pleasing to the heart, is devoted to the Kings, possesses all qualities that provide access to Kings, is majestic and imparts strength[2].

(3)
Elephant ride
(hastyadhirohaṇa guṇāḥ / हस्त्याधिरोहण गुणाः **)**

श्रीसौभाग्य यशश्चित्तप्रह्लादं जनयेत्परम् ।
वातपित्तकरं श्लेष्महरं हस्त्यधिरोहनम् ।।4।।

Mounting an elephant is propitious, promotes good fortune and fame, is pleasant to the mind, aggravates vāta and pitta, and alleviates kapha[4].

(*)
Another reading
(pāṭhāntare / पाठान्तरे **)**

पित्तानिलकरो हस्ती लक्ष्मीपुष्टिविवर्धनः ।
अङ्गभङ्गकरो नृणां स्वेदशोफयशस्करः ।।5।।

Mounting an elephant increases vāta and pitta, prosperity and nourishment. It may cause fractures in body parts, induce sweat and inflammation in humans, and promote glory (fame) [5].

(4)
Horse ride
(aśvārohanayāna guṇāḥ / अश्वारोहणयान गुणाः **)**

अश्वमारुह्य गमनं वातपित्तप्रकोपनम् ।
अङ्गभङ्गशिरःशूलकारणं दीपनं लघु ।।6।।
आनाहार्शः श्रमकरो अश्वशौर्यविवर्धनः ।7।

Riding a horse aggravates vāta and pitta, causing fractures, headache, abdominal distension, haemorrhoids, and physical exhaustion; it kindles appetite, is light and promotes bravery[6-7].

(5)
Camel ride
(uṣṭrayāna guṇāḥ / उष्ट्रयान गुणाः **)**

उष्ट्रयानं कफहरं रक्तपित्तप्रकोपनम् ।8।

Riding a camel pacifies kapha, aggravates epistaxis[8].

(6)
Cow, ox ride
(goyāna, vṛṣabhayāna guṇāḥ / गोयान, वृषभयान गुणाः **)**

गोयानमायुष्यहरं श्लेष्मघ्नं वातपित्तकृत् ।9।

Riding a cow, ox, or bullock diminishes longevity, pacifies kapha, and aggravates vāta and pitta[9].

Note: Telugu translation goyāna considered as vṛṣabhayāna.

(7)
Buffalo ride
(māhiṣayāna guṇāḥ / माहिषयान गुणाः)

शीतलं माहिषयानं वस्तिरोगकरं गुरु ।10 ।

Travelling on a buffalo is cold, generates bladder diseases and is heavy[10].

(8)
Sheep ride
(meṣayāna guṇāḥ / मेषयान गुणाः)

मेषयानं वातकर महद्यं गुल्मशूलनुत् ।11 ।

Riding on a sheep aggravates vāta, is unsuitable for the heart, and is beneficial in the abdominal lump and colicky pain[11].

(9)
Chariot ride
(rathayāna guṇāḥ / रथयान गुणाः)

रथयानं सुखतरं मनोज्ञं वातशोफकृत् ।12 ।

Riding in a chariot imparts immense pleasure, is pleasing to the mind, and induces vāta and inflammation[12].

(10)
Donkey ride
(kharayāna guṇāḥ / खरयान गुणाः)

खरयानं पापकरं निन्द्यं दोषत्रयावहम् ।13 ।

Riding on a donkey is a sin, despicable, and aggravates all three doṣa[13].

इति द्रव्यरत्नावल्यां यानवर्गः समाप्तः

Thus it ends the description of the group of modes of transportation, vehicles in Dravyaratnāvali.

60. UNGUENTS, COSMETICS

Athāṅgarāgam / अथाङ्गरागम्

Now, the category of unguent cosmetics (especially after bathing).

(1)
Application of unguents
(aṅgarāga guṇāḥ / अङ्गराग गुणाः **)**

आदौ चोद्वर्तयेद्गन्धं पश्चाद्गन्धं प्रलेपयेत् ।
विदध्यादङ्गरागं च कस्तूरी चन्दनादिभिः ।।1।।
कुङ्कुमं चन्दनं चैव कृष्णागरु विमिश्रितम् ।
उष्णधारमिदं श्रेष्ठं शीतकाले तु धारयेत् ।।2।।
चन्दनं दर्पसंयुक्तं कर्पूरेण विमिश्रितम् ।
अगरुकं च सुशीतं च घर्मकाले प्रधारयेत् ।।3।।
चन्दनं घसृणोपेतमीषत्कस्तूरि कायुतम् ।
न चोष्णं न च वा शीतं वर्षाकाले प्रधारयेत् ।।4।। (चा. च.)

Sandalwood unguent is prepared by rubbing it well on wood and later applied. It imparts colour to the body parts when combined and used along with musk (kastūri), sandle wood (candana), saffron (kuṅkuma) and black musk (kṛṣṇāgaru). This is known as 'uṣṇadhāra' and is beneficial to be used in the winter season[1-2].

Mix sandalwood paste, musk, camphor along with cold agar wood (agaru), it is suitable for use in summer. Combination of sandalwood, saffron and a little of musk should be used in rainy season (monsoon). It is neither hot nor cold[3-4].

(2)
Thick application of Sandalwood
(nibiḍacandanālepa guṇāḥ / निबिडचन्दनालेप गुणाः **)**

निबिडश्चन्दनालेपः शीतलो दोषहृत्परम् ।5।

Thick sandalwood unguent is cold and alleviates doṣa effectively[5].

(3)
Thin application of Sandalwood
(viralacandanālepa guṇāḥ / विरलचन्दनालेप गुणाः **)**

विरलश्चन्दनालेपः शीतलो दोषनुत्परम् ।6।

Thin application of sandalwood is cold and alleviates doṣa[6].

(4)
Fragrant formulation
(kalpanagaṁdha guṇāḥ / कल्पनगंध गुणाः **)**

कस्तूरी कुङ्कुमोपेतं पुष्पनीरविमिश्रितम् । चन्दनं शीतलं वृष्यं वर्ण्यं त्वग्दोषदाहहृत् ।।7।। उष्णत्वं याति कालेन कफवातं च नाशयेत् ।8।

A combination of musk, saffron, rosewater (perfumed water) and sandalwood is a cold aphrodisiac, promotes complexion, and alleviates skin ailments and burning sensations. On prolonged use, it generates heat and pacifies kapha and vāta[7-8].

इति द्रव्यरत्नावल्यां अथाङ्गरागम् समाप्तः

Thus it ends the description of the group of unguent cosmetics in Dravyaratnāvali.

61. SLEEPING BED GROUP

Śayyāvargaḥ / शय्यावर्गः

(1)
Comfortable bed, seating
(sukhaśayyāsana guṇāḥ / सुखशय्यासन गुणाः)

सुखशय्यासनं हृद्यं त्रिदोषघ्नं मनोहरम् ।1 ।

A comfortable bed is good for the heart, alleviates tridoṣa and promotes joy[1].

(2)
Couch
(paryanka guṇāḥ / पर्यङ्क गुणाः)

त्रिदोषशमनं हृद्यं तुष्टिपुष्टिविवर्धनम् ।
बल्यं कण्डूश्रमहरं हृद्यं पर्यङ्कसेवनम् ।।2।।

Resorting to the couch (paryaṅka) pacifies tridoṣa, which is good for the heart, promotes contentment, nourishment, and strength; relieves pruritis and physical exhaustion and is pleasing to the heart[2].

[Note: a bed or couch, the bottom of which is woven with broad tape.]

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

रक्तश्चित्रितसर्वाङ्गं पर्यङ्कं दोषनाशनम् ।
पित्तजिद्ग्रहभूतोत्थदाहशान्तिकरं परम् ।।3।।

A coloured bed with pictures alleviates doṣa, pacifies pitta, and effectively eradicates the effects of evil beings (graha, bhūta) and burning sensation[3].

(3)
Charpai
(khatvā guṇāḥ / खट्वा गुणाः)

खट्वा तु वातहा प्रोक्ता पटुरूक्षात्पित्तकः ।4 ।

Khatvā, charpai mitigates vāta , is extremely dry and aggravates pitta[4].

[A wooden cot, the bottom of which is woven with cord thin ropes used for lacing the bottoms of cots]

(4)
Canopy, shade
(vilāsa guṇāḥ / विलास गुणाः)

पुष्टिप्रसादमायुष्यं मलघ्नं कीर्तिवर्धनम् ।
विलासं निर्मलं हृद्यं वृष्यमाह्लादनं परम् ।।5।।

Canopy, shade (vilāsa, vitāna) promotes nourishment, longevity, fame and luxury; eliminates impurities, is pure, good for the heart, aphrodisiac and gives immense pleasure[5].

(Chandvā (T,U) canopy, shade)

(vilāsaṃ vitānaṃ, ullocaḥ, ācchādanaṃ, pidhānaṃ)

Note: Chandvā may mean a canopy of toys (Chāndini) tied atop a cot or cradle.

(5)
Pillow
(upadhāna guṇāḥ / /उपधान गुणाः)

लावण्यं कफवातघ्नं पित्तलं वस्तिलाघवम् ।
स्रोतोरोधहरं रुच्यं उपधानं तदुच्यते ।।6।।

The pillow is beautiful, mitigates kapha and vāta, aggravates pitta, is good for the bladder, clears obstruction of channels and is beloved by all[6].

(6)
Mattress
(talpa guṇāḥ / तल्प गुणाः)

वातघ्नं स्वेदकृत् हृद्यं यशस्यं पुष्टिवर्धनम् ।
तल्पं लक्ष्मीकरं चैव मेदोघ्नं तु प्रसादनम् ।।7।।

Mattress alleviates vāta, generates sweat, is good for the heart, promotes fame, nourishment and prosperity, promotes fat and is peaceful[7].

(7)
Cotton mattress
(kārpāsatūlajanitaṁ talpa guṇāḥ /
कार्पासतूलजनितं तल्प गुणाः)

कार्पासतूलजनितं तल्पं पैत्यविकारनुत् ।
वर्षाकाले तु हेमन्ते हितं वातविकारनुत् ।।**8**।।

Cotton mattress alleviates pitta diseases, are wholesome in the rainy and winter seasons, and pacify vāta[8].

(8)
Mattress made with silk-cotton
(śālmalījanita talpa guṇāḥ / शाल्मलीजनित तल्प गुणाः **)**

शाल्मलीजनितं तल्पं त्रिदोषशममग्निकृत् ।
वीर्यदं सर्वकालेषु शय्या कान्तिकरं भवेत् ।।**9**।।

Mattress made with silk cotton (Bombax ceiba) pacifies tridoṣa, increases digestive fire, promotes semen formation, is suitable for all seasons and imparts good lustre[9].

(9)
Swinging bed
(ḍolā guṇāḥ / डोला गुणाः **)**

डोला श्रमहरी वृष्या पुष्टिनिद्राधृतिप्रदा ।
सुखशय्यासनं हृद्यं वातलं मूत्रवर्धनम् ।।**10**।।
प्रातश्चाह्लादनं हृद्यं मध्याह्ने दाहपित्तजित् ।
सायाह्ने हन्ति वीसर्पं रात्रौ श्रीपुष्टिकान्तिकृत् ।।**11**।।

Swinging couch removes physical exhaustion, is aphrodisiac, and promotes nourishment, sleep and courage. The comfortable bedstead is good for the heart, increases vāta and is a diuretic. Early in the morning, it gives pleasure and is pleasing to the heart; in the noon, it pacifies the burning sensation; and in the evenings, pitta eliminates acute spreading eruptions and promotes prosperity, nourishment and complexion at night. [cradle/hammock][10-11].

इति द्रव्यरत्नावल्यां शय्यावर्गः समाप्तः

Thus it ends the description of the group of sleeping bed in Dravyaratnāvali.

62. MISCELLANEOUS GROUP

Prakīrṇavargaḥ / प्रकीर्णवर्गः

(1)
Umbrella
(chatra guṇāḥ / छत्र गुणाः)

वर्ण्यं नेत्रहितं छत्रं वातवर्षातपापहम् ।1 ।

Usage of the umbrella promotes complexion. Wholesome for the eyes, protects from wind, rain and Sun[1].

(2)
Footwear
(pādatrāṇa guṇāḥ / पादत्राण गुणाः)

पादत्राणं प्राणिनां प्राणरक्षां कुर्यान्नित्यं नेत्रयोश्च प्रसादम् । ग्राही हन्याद्रक्तपित्तं त्रिदोषानाहुस्सन्तः सज्वरघ्नं लघु स्यात् ।।2 ।।
सर्पादीनां भीतिभङ्गं नराणां तेजःस्तम्भं वारयेच्चाभिघातान् ।3

Wearing footwear saves life of living beings. Daily usage of footwear is wholesome for eyes. The practice keeps feet dry (due to water containing property), is beneficial in (preventing) epistaxis, fever due to vitiation of the all three doṣa and promotes lightness, offers solace from the fear of snakes, protection from heat and injuries [2-3].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

पादरोगहरं वृष्यमायुष्यं चक्षुषोर्हितम् ।
सुखप्रचारमोजस्यं सदा पादत्रधारणम् ।।4।।
भिन्नपादप्रशमनं कवचं पादनेत्रयोः ।
अन्वर्थसंज्ञां पादत्रं बलकृच्छ्लक्ष्ण्यवर्धनम् ।।5।।

Regular use of foot wear prevents diseases of feet, is aphrodisiac, promotes longevity, good for eyes, imparts comfort while walking, promotes ojas, heals cracked feet, is similar to armour for feet and eyes, enhances strength and sperm formation [4-5].

(3)
Thong sandals
(pādukaḥ / पादुकः)

चक्षुष्यं प्रातराह्लादं श्रीकरं शोभनं गुरु ।
आयुष्यं च यशस्यं च पादुकः सर्वदा शुचिः ।।6।।

Thong sandals (pāduka) are good for eyes, impart pleasure, prosperity and beauty; are heavy, promote longevity and fame and are always sacred, pure [6].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

पादुकश्शुचिकरं पदनेत्रत्राणनं सर्पकंटक खगघाति ।7।

Thong sandals (pāduka) are cleansing, protect feet and eyes, protect from snakes, thorns and birds [7].

(4)
Cane stick walking stick
(daṇḍadhāraṇam / दण्डधारणम्)

सत्त्वोत्साहं बलकरं स्थैर्यधैर्यविवर्धनम् ।
अवष्टम्भकरं चापि रक्षोघ्नं दण्डधारणम् ।।8।।

Usage of hand-stick promotes mental vigour, strength, stability and courage; gives support and protects from evil spirits [8].

(*)
Eight hand-stick
(pāṭhāntare / पाठान्तरे)

विश्वामित्राहि पश्वादीन् निवारयत्स्वप्सु कर्दमे ।
अन्धत्वे चाथवार्धक्ये यष्टिरष्ट गुणं भवेत् ।।9।।

Hand-stick is useful in eight ways which are as follows: to ward off birds, dogs, enemies, snakes, cattle, support in water, in mud, for the blind blindness and in darkness [9]. This description is similar to the proverb – 'daṇḍaṁ daśaguṇaṁ bhavet' wherein the following benefits of hand-stick usage are mentioned, which are as follows: to ward off

birds (vi), dogs(śva), enemies(amitra), serpent(ahi), animals(paśu), to ward off (vārayatsu) in water and mud(apsukardame), blindness(andhe), darkness(tamasi), oldness(vardhakye). Many people quote "'daṇḍaṁ daśaguṇaṁ bhavet'" in the context of upbringing of the children wherin in the term "daṇḍaṁ" is misinterpreted as hitting/punishment).

(5)
Mirror
(ādarśa darśanaṃ / आदर्श दर्शनं)

काम्यमोजस्करं मेध्यं पापघ्नं सम्प्रहर्षणम् ।
आगन्तुदोष सम्भूतनिघ्नमादर्शदर्शनम् ।।10।।
वश्यमाह्लादकृत्पुण्यमादर्शं शिशुभीतिकृत् ।11।
आदर्श दर्शनं दर्शे रविवारे विशेषतः ।
सप्तजन्म भवेद्वन्ध्यो नरकं प्रतिपद्यते ।।12।।

Looking oneself into the mirror is loved by everyone, promotes ojas, intellect, excitement and destroys sin; prevents future mistakes, subjugates others, imparts pleasure, is virtuous and scares babies [10-11]. It is not appropriate to look at mirror on a new moon day and especially on Sunday, he becomes childless (infertile/ sterile) for seven births and stays (gets into) in hell [12].

(6)
Glycyrrhiza root decoction
(yaṣṭīkaṣāyaḥ / यष्टीकषायः)

अरुचिमनलमान्द्यं पीनस श्वासकासान्
क्रिमिजमुदररोगान् वातजन्यानशेषान् ।
जनयति तनुकान्तिं चित्तनेत्रप्रसादं
पलपरिमितनिस्त्वक्शुद्धयष्टीकषायः ।।13।।

Glycyrrhiza root decoction is beneficial in anorexia, diminished digestive fire, rhinitis, difficult breathing, cough, worm infestation, abdominal diseases, all complications arising due to vāta ; promotes good complexion, pleasantness to mind and eyes. One should drink daily one pala of yaśṭi decoction which is pure and devoid of bark. (one pala =48 grams) [13].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

वात्युत्कण्ठाश्मनासाश्रुतिनयनशिरो रोग शूलामगुल्मान् ।
श्वासान्विकासशोषक्रिमिजठर गल श्लेष्मवातामयघ्नम् ।।14।।
रुच्यं शोफाग्निमान्द्यं ज्वरहृदयरुजं शीतिकापीनसार्तिम् ।
स्वेदोरोगं च मूर्छारतिहरवमनं शुद्धशुण्ठीकषायः ।।15।।

Pure decoction of dry, garbled and lime water processed ginger (śuṇṭhīkaṣāyaḥ) is beneficial in skin ailments, urolithiasis, diseases of nose, ears, eyes and head, pain, vitiated āma , abdominal lump, difficult breathing, cough, emaciation, worm infestation, diseases of abdomen and throat, kapha and vāta , inflammation, diminished digestive fire, pyrexia, heart diseases, chills, rhinitis, perspiration, fainting, lack of enthusiasm and vomiting; promotes taste [14-15].

(7)
Hunger
(kṣudhā / क्षुधा)

शीघ्रं रूपविनाशनी कृशकरी कामोद्भवध्वंसिनी ।
बुद्धेर्मान्द्यकरी व्रतक्षयकरी लावण्यलक्ष्मी हरी ।।16।।
पुत्रभ्रातृकलत्रभेदनकरी लज्जाकुलच्छेदनी ।
नाहं वीरित (सामांपीडित-चा.च) ।।17।।
सर्वदोषजननी प्राणापहारी क्षुधा ।18। (चा.च)

Hunger diminishes beauty, causes emaciation, inhibits lust, decreases intellect, violates the rules, deprives elegance, causes conflicts with sons, siblings, wife and relatives; generates shamelessness, root cause of all evil/sin, causes loss of life [16-18].

(8)
Generosity/donation/giving alms
(dānaṃ / दानं)

दानं ख्यातिकरं रिपुक्षयकरं पुंसस्य....करम् ।
विष्णुप्रीतिकरं मनश्शुचिकरंपुत्राभिसम्पत्करम् ।।19।।
आयुर्वृद्धिकरं प्रशस्तसमये स्वर्गादिभोगावहम् ।
द्रव्यप्राप्तिमनेकवैभवकरं दानप्रभावं बुधैः ।।20।।

Practice of generosity promotes glory/fame, minimises enemies,……, pleases god Vishnu, cleanses the mind, imparts prosperity to the progeny, promotes longevity, helps to attain abode of heavenly pleasure at the end. Wise men opine that charity brings wealth and many glories[19-20]. Note: first line of the śloka is incomplete.

(9)
Shade of mango tree
(cūtachāyā / चूतछाया)

बुद्धीन्द्रिययुता वृष्या पैत्यदाहविनाशनी ।
सौभाग्यकान्तिजननी चूतछाया प्रकीर्तिता ।।21।।

Shade of mango tree is said to be wholesome for intellect and sense organs, aphrodisiac, relieves pitta disorders and burning sensation, promotes good fortune and complexion [21].

(10)
Purified ox gall/cow bezoar/cow stone
(gorocana / गोरोचनं)

गोरोचनं वातहरमलक्ष्मीनाशनं परम् ।
कफपित्तहरं पथ्यं गौरीप्रीतिविवर्धनम् ।।22।।
रोचना कफवातघ्नी शिशिरा विषनाशनी ।
तिक्ता पापप्रशमनी सर्वभूतविनाशनी ।।23।।

Purified ox gall alleviates vāta , effectively eliminates inauspiciousness, pacifies kapha and pitta, wholesome and is dear to goddess Pārvathi [22]. Cow stone mitigates kapha and vāta, is cold, bitter, eliminates poison, destroys sin and eradicates all evil spirits [23].

(11)
Jaggery-milk-flour sweet
(saguḍa-kṣīra-piṣṭaṃ / सगुड-क्षीर-पिष्टं)

सगुडं क्षीरसंयुक्तं पिष्टं तृष्णानिवारणम् ।
कुर्याच्चातिक्षुधां सद्यो दुर्बलानां च संत्यजेत् ।।24।।

Sweet made of jaggery, milk and rice flour, prevents polydipsia, generates extreme hunger, should be avoided by the weak [24].

(12)
Dry ginger-jaggery morsel
(śuṇṭhī-guḍa-piṇḍaḥ / शुण्ठी-गुड-पिण्डः)

शुण्ठीगुडाभ्यां रचितः पिण्डः कायाग्निवर्धनः ।
सघृतं कफवातघ्नं सूतिकानां प्रशस्यते ।।25।।
पिष्टं संक्षुद्य तच्चूर्णम् प्रस्थं गुडपलान्वितम् ।
उष्णाम्बुबाष्पवशतः सुपक्वं जलयन्त्रतः ।।26।।
बाष्पापूपमिदं ज्ञेयं बल्यं रुच्यं च वातहृत् ।27।

Dry ginger-jaggery morsel(s) ignites digestive fire, when combined with ghee they pacify kapha and vāta and are wholesome for post-partum mother [25].

(13)
Steamed rice cake
(bāṣpāpūpam / बाष्पापूपम्)

-

Steamed rice cake (bāṣpāpūpam) is a steamed recipe made from well kneaded rice flour in the measure of one prastha (768 grams) along with one pala (48 grams) of jaggery and is steam cooked in a cooker containing hot water. it promotes strength, taste and alleviates vāta [26-27].

(14)
Milk Thistle
(bhikṣūttamāyyari / भिक्षूत्तमाय्यरि)

भिक्षूत्तमाय्यरिकल्पितनामधेयत्वक्पत्रपुष्पफलदण्डसमूलचूर्णैः ।
तक्रारनालपयसा मधुरा (श)र्कराज्यैः
षण्माससेवितनरा न जरामरन्ति ।।28।।
गृध्रचक्षुश्श्रवणे च राङ्गः बले च भीमो बलिने चिरायुः ।
ज्ञानेन हंसं स्वरकिंनरत्वं माने(से)न सेव्यं गुरुदेवबुद्धिः
।।29।।

One who consumes the powder of bark, leaves, flowers, fruits, stem along with the roots of Milk thistle for six months combined butter milk, sour fermented rice gruel, milk, honey, sugar and ghee doesn't attain old age. He acquires vision similar to that of eagle, auditory sense similar to a serpent, strength like Bhīma, longevity like Balichakravarty, knowledge alike white swan, voice like

Kinnera and worships elders as preachers and deities[28-29]. [Bhima - the second among the five Pāṇḍavas in the great Hindu epic Mahābhārata Balichakravarty – a Daitya/Asura king and was grand-son of Prahlāda. Though he was a demon he never deviated the path of Dharma and was famous for generous donations. Kinnera- a sect of God's/ legendary creatures with human body and horse- head/mythological beings that excel at song and dance.] Note: Last line of the śloka haṃsaṃ can be interpreted as paramahaṃsa; Last phrase "māne(se)na sevyaṃ gurudevabuddhiḥ" may mean "when consumed for a month promotes intellect similar to the preacher." Sphaeranthus indicus

(15)
Red spiderling plant
(punarnavā / पुनर्नवा)

आज्येन पुष्पं मधुना च तोयं भृङ्गी च कण्डुतिमिरं च नीली ।
रात्रान्धकां रजनी च रोमान् पुनर्नवोऽत्र रुजापहारी ।।30।।

Flowers of red spiderling (punarṇavā, Boerhavia diffusa) along with ghee, honey, decoction of bhṛṅgī and True indigo (nīlī, Indigofera tinctorial) is useful in treating pruritis and blindness; along with rajani (Curcuma longa/ Turmeric) in night blindness. Punarṇavā alleviates all diseases[30]. Note: The meaning of bhṛṅgī can be taken either as bhāraṅgi (Clerodendron serratum/glory bower) or bhṛṅgaraja (Eclipta alba/false daisy). The meaning of the word román mentioned in the second line is not clear.

(16)
Veldt grape
(Vajravalli/ वज्रवल्ली)

किमत्र चित्रं यदि वज्रवल्ली सशर्करागोघृतसंयुतं च ।
मासे निहन्याद्रुजमातनोति मासद्वये यौवनमातनोति ।।31।।

There is no wonder if veldt grape (vajravalli, Cissus quadrangularis) combined with sugar and cow ghee alleviates all diseases when consumed for a month and imparts youth when consumed for two months[31]. [adamant creeper/veldt grape/devils back bone]

(17)
False daisy
(bhṛṅgarāja / भृङ्गराज)

असिततलसमेतं पल्लवान् भक्षयित्वा सवितुरुदयकाले भृङ्गराजस्य नित्यम् ।
स भवति चिरजीवी व्याधिनिर्मुक्तदेहो भ्रमरसदृशकेशी गृध्रचक्षुर्मनुष्यः ।।32।।

One who consumes daily tender leaves of bhṛṅgaraja (Eclipta alba/false daisy) along with sugar at sunrise attains long life, healthy body devoid of disease, hairs similar to black bees and eye sight similar to eagle [32].

(18)
Eastern wind
(prāgvātaṃ / प्राग्वातम्)

प्राग्वातं पवनाकरं भ्रममदातृद्वागदं ग्लानिकृत् ।
चोष्णं वर्णविनाशनं श्रमकरं जत्रूर्ध्वरोगप्रदम् ।।33।।

Wind from East direction aggravates vāta , causes giddiness, intoxication, polydipsia and fatigue; is hot, diminishes complexion, generates physical exhaustion and diseases of upper part of the body above the clavicle [33].

(19)
Southern wind
(dakṣiṇamārutaṃ / दक्षिणमारुतम्)

आहुर्दक्षिणमारुतं श्रमहरं सौगन्ध्यपुष्टिप्रदम् ।
चिन्ताह्लादमनोज केलिषु हितं सन्तापदाहच्छिदम् ।।34।।

Southern breeze removes physical exhaustion, possesses good aroma,is nourishing; promotes joy in sadness and pleasure in sex, removes heat and burning sensation [34].

(20)
Western wind
(paścānmārutam / पश्चान्मारुतम्)

पश्चान्मारुतमाहु रग्निसदृशं शारीरसौम्यावहम् ।
मूर्छाग्लानिविदाह तृट् क्षयकरं वर्णापहं पित्तलम् ।।35।।

The Western breeze is similar to fire. It imparts dryness to the body, causes syncope, exhaustion, burning sensation, polydipsia and emaciation; diminishes complexion and aggravates pitta [35]. Note: Suśrutasaṁhitā characters of western wind explicitly mention that, it destroys unctuousness from the body, hence the term saumyāvaham can be saumyāpaham.

(21)
Northern wind
(kaubera mārutaṃ / कौबेर मारुतं)

कौबेरं वात माहुश्शिशिरतरमतिस्निग्धमत्यग्निनाशम् ।
श्लेष्मोत्थव्याधि रोगावहमथ शिरसो गौरवालस्यदं च ।।36।।

Northern breeze is immensely cold and extremely unctuous, diminishes aggravated digestive fire; induces diseases of kapha, heaviness of head and laziness [36].

(22)
Whirlwind
(ugra-vātaṁ. / उग्र-वातम्)

वात्यात्युग्रा विकासं हरति च कुरुते शोषवैवर्ण्यमाशु ।
तृष्णाग्लानिं च चक्रेऽपिच सुरचिरतां हन्ति दोषं विधत्ते ।।37।।

Whirlwind /storm/cyclone inhibits joy, induces emaciation and discoloration instantly, causes polydipsia/thirst, and exhaustion; it is whorled, diminishes beauty and vitiates doṣa [37].

(23)
Mist
(tuṣāraḥ / तुषारः)

अभिष्यन्दि तुषारस्तु हिमो वृष्यस्तृषापहः ।38।

Mist/snow causes obstruction of channels, is cold, aphrodisiac, relieves polydipsia [38].

(24)
Snow-water
(tuṣāratoyaṃ / तुषारतोयं)

तुषारतोयं दाहघ्नं पित्तकृच्छ्राश्मरीप्रणुत् ।39।

Snow-water alleviates burning sensation, lithiasis which is difficult to cure and aggravates pitta [39].

(25)
Rain
(vṛṣṭiḥ / वृष्टिः)

वृष्टिर्वातकरी गुर्वी श्लेष्मकृद्वह्निनाशनी ।
शीतवेपथुकृद्गाढमन्तर्दाहविनाशनम् ।।40।।

Rain aggravates vāta and kapha, is heavy, diminishes digestive fire, causes extreme coldness and deep shivering/tremors, relieves burning sensation inside the body [40].

(26)
Fire
(agni / अग्निः)

अग्निर्वातहर स्तम्भ शीतवेपथु नाशनः ।
अनभिष्यन्दि जननो रक्तपित्तप्रदूषणः ।।41।।

Fire alleviates vāta , numbness, chills and tremors, doesn't obstruct the channels of circulation, induce blood disorders [41].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

अग्निस्तीक्ष्ण करश्शीतो गुल्मवेपथुशीतनुत् ।
अजीर्णाध्मानकफहृद्वात पित्तप्रकोपनः ।।42।।

Fire is sharp, is beneficial in relieving coldness, lump, tremors, indigestion, abdominal distension and kapha; aggravates vāta and pitta [42].

(27)
Sunshine
(ātapa / आतप)

रक्तपैत्यकरो गात्रवैवर्ण्यं कुरुते परम् ।
तृड्ग्लानिमूर्छाभ्रमकृद्वातहा कफरौक्ष्यकृत् ।।43।।

Excessive exposure to Sun causes epistaxis, discoloration of the body, polydipsia, exhaustion, fainting, giddiness, diseases of kapha and dryness; alleviates vāta [43].

(*)
Variant text
(granthāntare / ग्रन्थान्तरे)

आतपो भ्रमकृत्स्वेद दाहमूर्छा विवर्णताम् ।
कुर्याद्बुद्धिं च पित्तं च जनयेत्पावकं तथा ।।44।।

Sun light (in excess) causes giddiness, perspiration, burning sensation, fainting and discoloration; aggravates pitta and stimulates digestive fire [44].

(28)
Shade
(chāyā / छाया)

छाया कान्तिकरी वृष्या बुद्धीन्द्रिय बलप्रदा ।
तृड्ग्लानि रौक्ष्यशमनी स्निग्धा पित्तप्रसादिनी ।।45।।
(चा.च.)

Shade imparts good complexion, is aphrodisiac, strengthens intellect and senses, pacifies polydipsia, exhaustion, dryness; unctuous and stabilizes pitta [45].

(29)
Moonlight
(jyotsnā / ज्योत्स्ना)

ज्योत्स्ना वृष्या च मधुरा सर्वानन्दकरी शुभा ।
रक्तपित्तप्रशमनी दाह ह्रच्छीतको गुरु ।।46।।

Moon light is aphrodisiac, sweet, imparts happiness to everyone, auspicious, alleviates epistaxis, burning sensation; is cold and heavy [46].

(30)
Darkness
(timiraṃ / तिमिरम्)

तिमिरं भीतिकृद्वृष्यं वातपित्तकरं लघु ।
भूतप्रेतपिशाचानां तस्कराणां तदाकरः ।।47।।

Darkness generates fear, is aphrodisiac, aggravates vāta and pitta, is light; abode of bhūta, preta, piśāca and thieves [47].

(31)
Sleep
(nidrā / निद्रा)

पुष्टिवर्णबलोत्साहमग्निदीप्तिमतन्द्रताम् ।
करोति धातुसाम्यं च निद्रा काले निषेविता ।।48।।

Timely sleep promotes nourishment, complexion, strength, enthusiasm; kindles appetite, inhibits drowsiness and causes equilibrium of dhatu [48].

(32)
Oil lamp
(dīpaḥ / दीपः)

प्रदीपः पित्तकृत्तीक्ष्णः कफघ्नोऽति मनः प्रियः ।
लक्ष्मीकरस्सर्वनिशाचरी ग्रहहरः परः ।।49।।

Lamp aggravates pitta, is sharp, alleviates kapha, very pleasant to mind, promotes prosperity and effectively inhibits all nocturnal transiting graha (evil spirits) [49].

(33)
Indian Gambose
(kaṅkuṣṭhaṃ / कङ्कुष्ठं)

कङ्कुष्टं तिक्तकटुकं वीर्येणोष्णं विरेचनम् ।
व्रणोदावर्त शूलार्तिगुल्मप्लीहगुदार्तिनुत् ।।50।। (र.र.स.)

Usare Revand/Ruh burb/ Indian Gambose (kaṅkuṣṭaṃ) is bitter, pungent, hot in potency, purgative, effective in relieving wounds, obstipation, colicky pain, abdominal lump, splenic diseases and proctalgia[50]. Note: Garcinia morella (Gaertn.) Desr.

(34)
Red sulphide of mercury
(sindhūram / सिन्धूरम्)

सिन्धूरमुष्णकटुकं विषदुष्टव्रणापहम् ।
त्वग्दोषकुष्ठविसर्प शीर्षप्रहरणं परम् ।।51।।

Red sulphide of mercury (sindhūram) is hot, pungent, effective in removing poison and healing chronic wounds, alleviates skin ailments, leprosy, acute spreading eruptions and diseases of head [51].

(35)
Sand
(Vālukā / वालुका)

वालुका शिशिरा पित्ता तृष्णादोषविनाशनी ।
लघुर्भवति युक्तस्तैः गुणैर्दशगुणादिभिः ।।52।।

Sand (vālukā) is cold, alleviates pitta, polydipsia and doṣa, it is light, possesses ten eligible qualities [52].

(36)
Sea froth-Cuttle fish bone
(Samudraphenam / समुद्रफेनम्)

समुद्रफेनमुष्णं स्यात्पाचनं लेखनं लघु ।
चक्षुष्यं कफपित्तघ्नं गुल्मप्लीहापहं मतम् ।।53।।

Samudraphenam (Cuttlefish bone) is hot, improves digestion, aids scrapping, is light, good for eyes, pacifies kapha and pitta, and alleviates abdominal lump and splenic diseases [53].

(37)
Alum
(sphaṭikaṃ / स्फटिकं)

स्फटिकं लेखनं स्वादु कषायं शीतलं सरम् ।
चक्षुष्यं निर्मलं पित्तशमनं लघु वातलम् ।।54।।

Alum aids scrapping, is sweet and astringent, cold, laxative, good for eyes, pure, pacifies pitta, is light and aggravates vāta [54].

(38)
Glass
(kācam / काचम्)

सक्षारश्चोष्णवीर्यश्च काचो दृष्टिकृतोऽञ्जनात् ।55।

Glass (kācham) is alkaline, hot in potency, improves vision when used as collyrium [55].

(39)
Rudrākṣa
(Rudrākṣaguṇaṃ / रुद्राक्षगुणं)

मध्येन पाण्डुर मतीवविशुद्धवर्णम् ।
यत्त्विन्द्रनीलरुचिपीलु समानदेहम् ।।56।।
विश्वस्य भृत्यजनकं रुदिराक्षमेव पक्वं च तत्किल.... ।57।

Rudrākṣa, which possess extremely pure white colour at the centre and illuminated body similar to sapphire subjugates the world [56-57].

(40)
Indian red kamala
(kampillakam / कम्पिल्लकम्)

पित्तव्रणाध्मानहरं सरं च श्लेष्मोदरार्ति क्रिमिगुल्मवैरि ।
मूलामशोफज्वरशूलहारि कम्पिल्लको रेच गदापहारि ।।58।।
(र.र.स.)

Indian red Kamala (Kampillakam) is useful in diseases of pitta, wounds, abdominal distension, kapha diseases, diseases of abdomen, worm infestation, abdominal lump, haemorrhoids, Āma , inflammation, pyrexia and colicky pain; is laxative[58]. [Kumkum tree/ Rottlera tree]

(41)
Bismuth/Selenium
(capalaḥ / चपलः)

त्रिदोषघ्नोऽतिवृष्यश्च रसबन्धविधायकः ।59। (र.र.स.)

Capala (bismuth/selenium) alleviates all the three doṣa, is extremely aphrodisiac, efficient in rasa bandha (procedures in alchemy for binding mercury) [59]. Note: There is no confirmation regarding the identity of capala, few consider it as Bismuth and others as Selenium.

(42)
Arsenic oxide
(gaurīpāṣāṇaguṇāḥ / गौरीपाषाणगुणाः)

रसबन्धकरः स्निग्धो दोषघ्नो रसवीर्यकृत् ।60। (र.र.स.)

Arsenic Oxide (gaurīpāṣāṇa)is useful for rasa bandha (binding and amalgamation of

mercury), is unctuous, pacifies doṣas and increases the potency of rasa (mercury) [60].

(43)
Ammonium Chloride
(navāsāraṃ / नवासारं)

गुल्मप्लीहास्य शोषघ्नं भुक्तमांसादिजारणम् ।61 ।

Ammonium Chloride (navāsāram) is beneficial in abdominal lump, splenic disorders, diseases of oral cavity, tuberculosis; promotes digestion of consumed meat, etc [61].

(44)
Ambergris
(agnijāraḥ / अग्निजारः)

अग्निजारस्त्रिदोषघ्नो धनुर्वातादिवातनुत् ।
वर्धनो रसवीर्यस्य दीपनो जारणस्तथा ।। 62 ।। (र.र.स. 3/136)

Ambergris/grey amber (agnijāram) alleviates All the three doṣa and diseases of vāta , viz., opisthotonos, etc. It increases the potency of Mercury and is useful in procedures like dīpana (swallowing/digestion), jāraṇa (amalgamation of other entities into mercury), etc [62].

(45)
Red oxide of Mercury
(girisindhūram / गिरिसिन्धूरम्)

त्रिदोषशमनं भेदि दीपनं परम् । (रसबन्धनमग्रिमम्- (र.र.स.))
देहलोहकरं नेत्र्यं गिरिसिन्धूरमीरितम् ।।63 ।। (र.र.स. 3/138)

Red oxide of mercury (girisindhūram) alleviates all the three doṣa, is purgative, beneficial in the procedures of dīpana (rasa bandha acc. to Ra.Ra.Sa), useful in attaining dehasiddhi and lohasiddhi and is good for eyes[63]. [dehasiddhi – making the body healthy and strong to attain Salvation and lohasiddhi – transformation of lower metal to noble metals.]

(46)
Litharge
(bodhārasṛṅgi / बोधारसृङ्गि)

बोधारसृङ्गि पित्तघ्नं वृष्यमाध्मातजं स्मृतम् ।64 ।

Litharge/Plumbum oxide (PbO) (Bodhāra śṛngi/ Mṛddāra śṛunga) pacifies pitta, is aphrodisiac, causes abdomen distension [64].

(47)
Rock salt
(saindhava lavaṇam / सैन्धव लवणम्)

सैन्धवं कफवातघ्नं नेत्रकुक्षिरुजापहम् ।65 ।।

Rock salt (saindhava lavaṇa) pacifies kapha and vāta , useful in diseases of eyes and abdomen [65].

(48)
Black salt
(sauvarcala lavaṇa / सौवर्चल लवणम्)

सौवर्चलं तृष्णाकरं गुल्मशूलकफापहम् ।66 ।

Sochal salt/black salt (sauvarcala lavaṇa) aggravates thirst, alleviates abdominal lump, colicky pain and kapha disorders [66].

(49)
Ammonium salt
(biḍa lavaṇam / बिड लवणम्)

किञ्चित्स्वेदं बिडं पाण्डुकुक्षिरोगविनाशनम् ।67 ।

Ammonium salt (biḍa lavaṇam) induces slight perspiration, eliminates anaemia and abdominal diseases [67].

(50)
Sodium carbonate
(kāca lavaṇam / काच लवणम्)

काचोत्थमामार्तिकुक्षिरोगविनाशनम् ।68 ।

Sodium carbonate (kāca lavaṇam/audbhida lavanam/) pacifies diseases caused by vitiated āma and abdominal disorders [68].

(51)
Sea salt
(sāmudra lavaṇam / सामुद्र लवणम्)

सामुद्रं कुक्षिरोगघ्नं सर्ववातविकारनुत् ।69 ।

Sea salt/common salt/table salt (sāmudra lavaṇa) is effective in preventing abdominal diseases and all disorders caused by vāta [69].

(52)
Shells/Cowrie
(varāṭikā / वराटिका)

परिणामादिशूलघ्नी ग्रहणीक्षयनाशनी ।
कटूष्णा दीपनी वृष्या नेत्रवातकफापहा ।।70 ।।

Shell grit, the ash obtained through incineration of shell, cowrie (varāṭikā) is useful in colicky pain due to duodenal ulcer, etc, disorders of lower GIT, tuberculosis, ophthalmic diseases, disorders caused by vāta and kapha; is pungent, hot, kindles appetite and is aphrodisiac [70].

(53)
Borax
(ṭaṅkaṇakṣāra / टङ्कणक्षार)

विरूक्षोष्णोऽनिलकरः कफघ्नः पित्तदूषणः ।
अग्निदीप्तिकरस्तीक्ष्णो टङ्कणक्षार उच्यते ।।71 ।।

Borax or Sodium pyroborat or Na2B4O7.10H2O (ṭaṅkaṇakṣāra) causes dryness, is hot, aggravates vāta , alleviates kapha, vitiates pitta, ignites digestive fire and is sharp [71].

(54)
Conch shell-ash
(śaṅkhaḥ / शङ्खः)

शङ्खः स्वादुः कटुः पाके वीर्येणोष्णः प्रकीर्तितः ।
परिणामादिशूलघ्नः चक्षुष्यो रक्तपित्तजित् ।।72 ।।

Conch shell-ash (śaṅkhaḥ) is sweet, pungent in post digestive state, hot in potency, relieves pain due to duodenal ulcer, etc and epistaxis; good for eyes [72].

(55)
Mica
(abhrakam, gaurītejaḥ / अभ्रकम्, गौरीतेजः)

गौरीतेजः परममृतं वातपित्तक्षयघ्नम् ।
प्रज्ञाबोधि प्रशमितजरं वृष्यमायुष्यमग्र्यम् ।।73 ।।
बल्यं स्निग्धं रुचिदमकफं दीपनं शीतवीर्यम् ।
तत्तद्योगैस्सकलगदहृद्ब्योम सूतेन्द्रबन्धि ।।74 ।। (ब. रा.)

Ra.Ra.Sa. 2/2

Mica (abhrakam, gaurītejaḥ) is best elixir, alleviates vāta and pitta, stimulates intellect, prevents ageing, aphrodisiac, best among those which promote long life, strengthening, unctuous, enhances taste, doesn't aggravate kapha, kindles appetite, cold in potency. It is capable of alleviating all diseases if used with respective combination of drugs; binds mercury[73-74]. Note: śloka is taken from Ra.Ra.Sa. 2/2 but given as Ba.Ra in Telugu version.

(56)
Nāgābhrakam
(Nāgābhrakam / नागाभ्रकम्)

तद्भुक्तं कुरुते कुष्ठं मण्डलाख्यं न संशयः ।।75 ।। (र.र.स.)

Intake of Nāgābhrakam generates maṇḍalakuṣṭha (a skin disease with red patches, burning and itching) undoubtedly [75].

(57)
Maṇḍūkābhrakaṃ
(Maṇḍūkābhrakaṃ / मण्डूकाभ्रकं)

तत्कुर्यादश्मरी रोगानसाध्यं शस्त्रतोऽन्यथा ।।76 ।। (र.र.स.)

Maṇḍūkābhraka causes lithiasis which is impossible to cure even by surgery and other methods [76].

(58)
Vajrabhraka
(Vajrābhraka / वज्राभ्रकं)

तस्माद्वज्राभ्रकं योज्यं व्याधिवार्धक्यमृत्युजित् ।77 ।

Vajrābhraka is ideal for usage which prevents diseases, old age and conquers death [77].

(59)
Kṛṣṇābhrakam
(Kṛṣṇābhrakam / कृष्णाभ्रकं)

ततोऽपि कृष्णवर्णाभं कोटिकोटि गुणं भवेत् ।78 ।

Kṛṣṇābhrakam has extremely (crores of times) efficient effect than vajrābharka [78].

(60)
Impure mica
(aśuddha abhrakam / अशुद्ध अभ्रकम्)

अशुद्धाभ्रं निहत्यायुर्वर्धयेन्मारुतं कफम् ।
अहतं छेदयेदान्तं मन्दाग्निक्रिमिवृद्धिकृत् ।।79।।

Impure, unrefined mica (abhrakam) shortens life, aggravates vāta and kapha, diminishes digestive fire further and generates worm infestation [79]. Note: The meaning of the last line ahataṃ chedayedāntaṃ is not clear.

(61)
Calcinated mica
(mṛta abhrakam / मृत अभ्रकम्)

मृतं चाभ्रं हरेन्मृत्युर्जरारोगमनेकधा ।
सेवितं हन्ति दाढ्यं च रूपं वीर्य विवर्धनम् ।।80।।

Calcinated mica (mṛta abhrakam) prevents death, old age, various diseases, promotes firmness, beauty (good appearance) and aids sperm development [80].

(62)
Mica essence
(abhrakasattvam / अभ्रकसत्त्वम्)

हन्यात् क्षयं लक्षितसत्त्वरूपं शूलं ज्वरं शोषमथाग्निमान्द्यम् ।
कासं तथा पञ्चविधं प्रवृद्धं कुष्ठानि पामांश्च तथाम्लपित्तम्
।।81।।
सकामलं पाण्डुगदं हलीमकं तैमिर्यदद्रुमपि रक्तपित्तम् ।82।

Essence of mica (abhrakasattva) is beneficial in relieving tuberculosis, colicky pain, pyrexia, emaciation, diminished digestive fire, five types of cough, exaggerated skin ailments, pāma (a type of skin lesion/scabies), hyperacidity, jaundice, anaemia, advanced stage of anaemia or jaundice (halīmaka), blindness (timira), a type of skin lesion/Tinea/ring worm (dadru) and epistaxis[81-82]. Note: the word taimirya …is translated as timira/blindness. [Note: satvapātana is a process for achieving satva (essence) of metals and minerals from their original source. The mineral ore is mixed with other drugs and subjected to heat by which the essence of the ore is obtained. The main objective of satvapātana is to obtain the active component of ore and to minimise the dose of dhātu (metal) without lowering its efficacy for therapeutic use.]

(63)
Purging croton
(dantibījam / दन्तिबीजम्)

श्वित्रकुष्ठहरणं विषापहं गुल्मशूलशमनं विरेचनम् ।
तिक्तरूक्षकटुकं च पित्तलं दन्तिबीजमिति कथ्यते बुधैः
।।83।।

Croton tiglium/purging croton (dantibījam) is beneficial in treating leucoderma, skin ailments, poison, abdominal lump and colicky pain; is purgative, bitter, dry, pungent and aggravates pitta [83].

(64)
Types of poisonous tubers
(kanda viṣabhedāḥ / कन्द विषभेदाः)

हालाहलं वत्सनाभं कालकूटं महाविषम् ।
बालकर्दमकं मुस्तं पुण्डरीकं वराटजम् ।।84।।
सर्षपं मूलकं शृङ्ग मर्कटं चेति कन्दजम् ।
विषं त्रयोदशविधमिति धन्वन्तरेर्मतम् ।।85।।
कर्कटं कटिवर्णाभं काकचुञ्चुनिभं पुनः ।
कालकूटं ततो ज्ञेयं वत्सनाभं च पाण्डुरम् ।।86।।
भङ्गुरं कन्दविद्देवि नीलवर्णं हलाहलम् ।
मुक्ताभा मुस्तकं प्रोक्तं रक्तवर्णं महाविषम् ।।87।।
हारिद्रकं पीतवर्णं विषभेदाः प्रकीर्तिताः ।88।

According to Dhanvantari school, the thirteen types of poisonous tubers are mentioned, which are: halāhala, vatsanābha, kālakūta, mahā viṣa, bāla, kardamaka, musta, punḍarīka, varāṭaaja, sarśaapa, mūlaka, śṛṅga and

marakata [84-85]. There are various poisons. karkata is dark in colour, kālakūta is similar to the colour of crow-beak, vatsanābha is white in colour and the tuber is easily broken, halāhala is blue, mustaka is similar to the colour of pearl, mahāviṣa is red in colour and hāridraka is yellow in colour [86-88].

(65)
Hālāhala
(Hālāhala / हालाहलविकाराः **)**

हालाहलेति मरणं ध्यानसोच्चवनं चिरात् ।89 ।

Death is certain with hālāhala [89]. Note: The meaning of the line "dhyānasoccavanaṃ cirāt" is not clear; hence, not translated.

(66)
Aconitum poisoning
(vatsanābhavikārā / वत्सनाभविकाराः **)**

वत्सनाभो गलस्तम्भो दिग्भ्रमः पीतमूत्रता ।90 ।

Aconitum ferox/Indian aconite/monk's hood (vatsanābha) causes stiffness of neck, confusion and yellow colour of urine [90].

(67)
Kalakuta
(kālakūṭa / कालकूटविकाराः **)**

स्पर्शाज्ञानं कालकूटे वेपथुश्च सुदारुणः ।91 ।

Kālakūṭa diminishes sense of touch and causes severe tremors [91].

(68)
Mahāviṣa
(Mahāviṣa / महाविषविकाराः **)**

सफलं ग्रन्थिरङ्गानां भङ्गमूर्छा महाविषे ।92 ।

Mahāviṣa causes cysts, body pains and fainting[92].

(69)
Kardamaviṣa
(kardamaviṣa vikārāḥ / कर्दम विष विकाराः **)**

हृद्यत्प्रसेको विच्छेदः पीताक्षित्वम् च कर्दमे ।93 ।

Kardamaviṣa generates salivation, tearing pain and yellowish discoloration of eyes. Note: Heading is given as bālaviṣavikārā. But śloka pertains to the description of the kardamaviṣa [93].

(70)
Mustakaviṣa
(mustakaviṣa vikārāḥ / मुस्तक विष विकाराः **)**

वेपथुस्सर्वगात्रेषु स्तम्भो भङ्गश्च मुस्तके ।94 ।

Mustakaviṣa causes trembling, stiffness and breaking pain of the whole body [94].

(71)
Puṇḍarīkaviṣa
(puṇḍarīka viṣa vikārāḥ / पुण्डरीक विषविकाराः **)**

पुण्डरीकेऽधिकं वृद्धिः कुक्षिरक्ष्णोश्च रक्तता ।95 ।

Puṇḍarīka causes abdominal hernia and redness of eyes [95].

(72)
Vairāṭaviṣa
(vairāṭaviṣa vikārāh / वैराटविषविकाराः **)**

-

Note: Only heading is given as vairātaviṣavikārā. But the śloka pertains to the mūlakaviṣa [96].

(73)
Mūlakaviṣa
(mūlaka viṣavikārāḥ / मूलक विषविकाराः **)**

मूलके छर्दिरधिकं हिध्माशोफाङ्गशोषणम् ।96 ।

Poison of mūlakaviṣa induces excessive vomiting, hiccup, inflammation and wasting of body parts [96].

(74)
Śṛṅgiviṣa
(śṛṅgiviṣa vikārāh / शृङ्गिविष विकाराः **)**

शृङ्गिण्यां गुरुता दाहो शङ्खोदरविवर्धनम् ।97 ।

Poison of śṛṅgi cause heaviness of the body, burning sensation and swelling of temporal and abdominal regions [97].

(75)
Markaṭa viṣa
(markaṭaviṣa vikārāḥ / मर्कटविष विकाराः)

मर्कटे हासनं दंशो वातमोहश्च जायते ।**98** ।

Poison of markaṭa induces laughter, biting tendency, aggravates vāta and causes delusion [98].

(76)
Classes of poison
(viṣajāti bhedāh / विषजाति भेदाः)

चतुर्थवर्णभेदेन विज्ञेयं तन्मनीषिभिः ।
ब्रह्मक्षत्रियविड्शूद्र श्वेतो रक्तश्च पित्तकः ।।**99**।।
कृष्णवर्णं क्रमो ज्ञेयं वर्णानामानुपूर्वशः ।**100** ।

Alike the four types of varṇa (caste) in humans, viz., brāhmaṇa, kṣatriya, vaiśya and śūdra, the types of poison are also four, viz., white, red, yellow and black respectively [99-100].

(77)
Usage of poisons
(viṣaprayoga karmāḥ / विष प्रयोग कर्माः)

मारणे कृष्णवर्णं स्याद्रक्तस्तु रसकर्मणि ।
पीतवणं क्षुद्र कार्ये श्वेतवर्णं रसायने ।।**101**।।

Black coloured poison is to be used for incineration (māraṇa), red coloured for therapeutic processing and use of mercury and other minerals and metals (rasakarma), yellow coloured for minor or miscellaneous procedures (kṣudrakārya) and white coloured for the rejuvenation (rasāyana) [101].

(78)
Subsidiary class of poisons
(upaviṣāḥ / उपविषाः)

लाङ्गली विषमुष्टिश्च करवीरं जया तथा ।
तिलकः कनकश्चैव वर्गस्तूपविषात्मकः ।।**102**।।
(नीलकः कनकोऽर्कश्च वर्गोह्युपविषात्मकः ।**103** । -र.र.स.)
(र.र.स.)

Subsidiary class of poisons (Upaviṣa): The following are grouped under Upaviṣa-

1. Lāṅgalī - *Gloriosa superba*/glory lily/climbing lily/ flame lily/tiger's claw

2. Viṣamuṣṭi - *Strychnos nuxvomica*/quaker buttons/poison fruit

3. Karavīra - *Nerium indicum*/oleander

4. Jayā - Bhaṇga/ *Cannabis indica*/ Indian hemp

5. Tilaka

6. Kanaka - *Datura stramonium*/*D.metel*/mad apple/moon flower/Jimson weed/ thorn apple/devil's trumpet[102].

Acc. to Ra.Ra.Sa

1. Nīlaka (Bhallātaka) - *Semicarpus anacardium*/marking nut

2. Kanaka - *Datura stramonium*/*D.metel*/thorn apple/devil's trumpet

3. Arka - *Calotropis procera*/giant milk weed/Sodom apple/calotrope [103].

(79)
Types of Opium and their effects
(aphenasya lakṣaṇa / अफेनस्य लक्षणम्)

चतुर्विधमफेनं स्याज्जारणं मारणं तथा ।
खोरणं सारणं चैव क्रमादफेनस्य लक्षणम् ।।**104**।।
जारणं पीतवर्णं च कृष्णवर्णं च मारणम् ।
खोरणं श्वेतवर्णं च बर्बूरं सारणं तथा ।।**105**।।
जारणं जरया दग्धं मारणं मृत्युदायकम् ।
खारणं च वयःस्तम्भं सारणं मलनिग्रहः ।।**106**।।
दीपनं पाचनं स्निग्ध मतिसारविनाशनम् ।
तिक्तकं कटुकं वृष्यं गुल्म दुर्नामनाशनम् ।।**107**।।
श्लेष्मघ्नं पित्तजनन मफेनं क्रिमिनाशनम् ।**108** ।

Papaver somniferum/opium/poppy (aphenam) is of four types, viz, jāraṇa, māraṇa, khoraṇa and sāraṇa. Jāraṇa is yellow in colour, māraṇa is black, khoraṇa is white and sāraṇa is grey in colour. Jāraṇa induces ageing, māraṇa cause death, khoraṇa delay ageing

(vayaḥ stambha) and sāraṇam causes constipation (malanigraha) [104-106]. Papaver somniferum/opium/poppy (aphenam) kindles appetite, improves digestion, unctuous, bitter and pungent, aphrodisiac, beneficial in treating diarrhoea, abdominal lump, haemorrhoids, diseases of kapha and worm infestation; aggravates pitta [107-108].

(80)
Lac
(Lākṣā / लाक्षा)

लाक्षा तिक्तकषायोष्णा स्निग्धा शोणित वातनुत् ।
क्रिमिश्लेष्मव्रणं हन्याद्भूतज्वरनिवारणम् ।।**109**।

Lac (Lākṣā) is bitter, astringent, hot, unctuous, is useful in diseases due to vitiation of blood, vāta , kapha, worm infestations, wounds and in fever caused by invisible all pervading entities (bhūta) [109].

(81)
Healthy Bath
(ārogyasnānaṃ / आरोग्यस्नानं)

चरे विलग्ने कुमुहूर्तयोगे रिक्ते तिथौ चन्द्रबले च हीने ।
नष्टे शशाङ्के गुरुभानुभौम स्नानं हितं रोगविमुक्तजन्तोः
।।**110**।।

Having a bath, when one is relieved from a disease is known as health-bath (ārogya Snāna). It is wholesome to perform the health-bath by a disease-free person in caralagna [movable zodiac signs, viz, meṣa (aries), kataka (cancer), tula (libra) and makara (capricorn)] in durmuhūrta (inauspicious period), on riktatithi (chaviti/fourth, navami/ninth, chaturdaśi/fourteenth tithi/days of the fortnight), when the moon is deprived of its strength, in kṛṣṇapakṣa (waning moon period), on Sundays, Tuesdays and Thursdays [110].

(82)
Reflection oneself in the ghee
(Ājyāvekṣana / आज्यावेक्षणं)

आरोग्यस्नान मादाय पूर्ववस्त्रं परित्यजेत् ।
अलङ्कृत्वान्यवस्त्राभ्यामाज्यावेक्षं च कारयेत् ।।**111**।।
सदैवं ब्राह्मणं वैद्यं पूजयित्वा यथाविधि ।
एतत्कर्म न कुर्वीत पुनरावर्तते ज्वरः ।।**112**।।

After a health-bath, one should discard the previous clothes. After decorating/dressing up with fresh clothes, he should view his reflection in ghee and later should worship deities, brahmins and physicians in the prescribed manner. If done in this manner, the fever, disease will not recur [111-112].

इति द्रव्यरत्नावल्यां प्रकीर्णवर्गः, समस्तद्रव्यवर्गः समाप्तः

Thus it ends the description of the miscellaneous group and all categories of drugs in Dravyaratnāvali.

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Ājagada	ajagadaśāka guṇāḥ	अजगदशाक गुणाः	paṁjikūra	పంజికూర		24#104	140
Ajakarṇikaśimbī	ajakarṇikaśimbīphala guṇāḥ	अजकर्णिकशिम्बीफल गुणाः	mēkacevi cikkuḍukāya	మేకచెవి చిక్కుడుకాయ		27#41	153
Ajowan	yavānīśāka guṇāḥ	यवानीशाक गुणाः	ōmapukūra	ఓమపుకూర	*Trachyspermum ammi* L.	24#33	132
Alarka	alarkaśāka guṇāḥ	अलर्कशाक गुणाः	tānaṁbulikūra	తానంబులికూర		24#73	136
Alāy shrub	kudara guṇāḥ	कुदर गुणाः	uṁḍra	ఉండ్ర	*Mimosa hamata* Willd.	38#166	216
Alcoholic beverages	madyavargamāha	अथ मद्यवर्गमाह	madyavargaṁ	మద్యవర్గం		11#	57
Alcoholic beverages	sarvamadyaguṇāḥ	सर्वमद्यगुणाः	sarvamainamadyālu	సర్వమైనమద్యాలు	*CH3CH2OH (or C2H6O)*	11#24	59
Alkaline liquid gargle	kṣārāmbugaṇḍūṣa guṇāḥ	क्षाराम्बुगण्डूष गुणाः	kṣārāṁbugaṁḍūṣaṁ	క్షారాంబుగండూషం		43#8	236
Alkaline substance	kṣāraguṇāḥ	क्षारगुणाः	kṣāraṁ	క్షారం		45#11	241
All grains, cereals	sarvadhānya guṇāḥ	सर्वधान्य गुणाः	anni dhānyālu	అన్ని ధాన్యాలు		15#45	74
All leafy vegetables	sarvaśāka sāmānyaguṇāḥ	सर्वशाक सामान्यगुणाः	anniśākālu	అన్నిశాకాలు		24#120	141
All types of brinjal	sarvavṛntākajaphalam	सर्ववृन्ताकजफलंम्	anni vaṁkāyalu	అన్ని వంకాయలు	*Solanum melongena* L.	27#59	155
All types of edible kernel, pulp	sarvamastaka guṇāḥ	सर्वमस्तक गुणाः	varvamainaguṁjulu	వర్వమైనగుంజులు		31#7	165
All types of Parched, flattened grains	sarvapṛthuka guṇāḥ	सर्वपृथुका गुणाः	anni aṭukulu	అన్ని అటుకులు		20#19	100
All types of pomegranates	sarvadāḍimabhedaphala guṇāḥ	सर्वदाडिमभेदफल गुणाः	annirakāla dāḍimapaṁḍlu	అన్నిరకాల దాడిమపండ్లు	*Punica granatum* L.	37#*	183
All varieties of Camphor	sarvakarpūra guṇāḥ	सर्वकर्पूर गुणाः	sarvakarpūrālu	సర్వకర్పూరాలు	*C10H16O, Cinnamomum camphora* (L.) (J. Presl)	56#23	282
All varieties of cooked rice	sarvaśālyodana guṇāḥ	सर्वशाल्योदन गुणाः	rājanapuvaṁṭakaṁ	రాజనపువంటకం	*Oriza sativa* L.	17#1	79
Aloe	kumārīśāka guṇāḥ	कुमारीशाक गुणाः	kalubaṁda	కలుబంద	*Aloe barbadensis* Mill.	24#87	138

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Aloe flower	kumārīpuṣpa guṇāḥ	कुमारीपुष्प गुणाः	kalubaṁdapuvvulu	కలుబందపువ్వులు	*Aloe barbadensis* Mill.	26#7	145
Alum	saurāṣṭri guṇāḥ	सौराष्ट्रि गुणाः	saurāṣṭri	సౌరాష్ట్రి	*KAl(SO4)2·12H2O*	54#25	270
Alum	sphaṭikaṃ	स्फटिकं	sphaṭikaṁ	స్ఫటికం	*KAl(SO4)2·12H2O*	62#37	304
Amalaka fryums	āmalakādivaṭaka guṇāḥ	आमलकादिवटक गुणाः	usirikavaḍiyālu	ఉసిరికవడియాలు	*Phyllanthus emblica* L.	34#13	174
Amaltas, Indian laburnum	āragvadha guṇāḥ	आरग्वध गुणाः	rēla	రేల	*Cassia fistula* Linn.	38#107	209
Amaranth leaves	rājaśāka guṇāḥ	राजशाक गुणाः	ūḍikūra	ఊడికూర	*Amaranthus paniculatus* L.	24#114	140
Amaranthus	taṇḍūlīyaśākaguṇāḥ	तण्डूलीयशाक गुणाः	cirrikūra	చిర్రికూర	*Amaranthus spinosus* L.	24#59	135
Ambergris	agnijāraḥ	अग्निजारः	agnijāraṁ	అగ్నిజారం	*Ambergris, a substance secreted by sperm whales, is primarily composed of Ambrein (C30H52O-a triterpene alcohol), along with fatty acids, triglycerides, and various sterols*	62#44	305
Ambhastaṇḍulīyakaḥ	ambhastaṇḍulīyakaśāka guṇāḥ	अम्भस्तण्डुलीयकशाक गुणाः	nīrubolimiḍikūra	నీరుబొలిమిడికూర		24#68	136
American saffron	kusumbhaśāka guṇāḥ	कुसुम्भशाक गुणाः	kusumakūra	కుసుమకూర	*Carthamus tinctorius* L.	24#38	132
Āmikā kanda	āmikākanda guṇāḥ	आमिकाकन्द गुणाः	pullabaccaliduṁpa	పుల్లబచ్చలిదుంప	*Naravelia zeylanica* (L.) DC	30#16	163
Ammonium Chloride	navāsāraṃ	नवासारं	navāsāraṁ	నవాసారం	*NH4Cl*	62#43	305
Ammonium salt	biḍa lavaṇam	बिड लवणम्	biḍalavaṇaṁ	బిడలవణం	*Vida* Lavana is artificially prepared salt. It has granular shape. it is mainly composed of Sodium chloride. It also contains traces of Sodium sulphate, Alumina, Magnesia, Ferric oxide, Ferric sulphide.	62#49	305
Amrita mākṣika	amṛtamākṣika guṇāḥ	अमृतमाक्षिक गुणाः	amṛtamākṣikaṁ	అమృతమాక్షికం	$CuFeS_2$	54#18	268
Amṛtapāṇi type of banana fruit	amṛtapāṇiphala guṇāḥ	अमृतपाणिफल गुणाः	amṛtapāṇi araṭipaṁḍlu	అమృతపాణి అరటిపండ్లు	*Musa × paradisiaca* L.	37#12	184
Aṇḍuga phala	aṇḍugaphala guṇāḥ	अण्डुगफल गुणाः	aṁḍagukāya	అండగుకాయ	*Boswellia serrata* Roxb.ex Colebr.	36#29	180
Animal excreta group	viḍvargaḥ	विड्वर्गः	viḍvargaṁ	విడ్వర్గం		13#	63
Animal meat group	mṛgamāṃsa vargaḥ	मृगमांस वर्ग	mṛgamāṁsaṁ	మృగమాంసం		21#	102
Animal meat group	mṛgamāṃsa vargaḥ	मृगमांस वर्ग	mṛgamāṁsaṁ	మృగమాంసం		21#1	102
Animal which catch their food by the teeth, tear and eat	prasaha vargaḥ	प्रसह वर्गः	prasahavargaṁ	ప్రసహవర్గం		21#5	102

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Animals living in burrows	bileśaya vargaḥ	बिलेशय वर्गः	bilēśayavargaṁ	బిలేశయవర్గం		21#4	102
Animals, birds	nānāvidha mṛgapakṣi vargaḥ	नानाविध मृगपक्षि वर्गः	vividha mr̥ga, pakṣi vargamu	వివిధ మృగ, పక్షి వర్గము		21#12	104
Anti-tussive smoke						44#2.1	238
Application of oil on the head	mūrdhni taila guṇāḥ	मूर्ध्नि तैल गुणाः	tala aṁṭukonuṭa	తల అంటుకొనుట		46#4	243
Application of oil on the head	mūrdhni taila guṇāḥ	मूर्ध्नि तैल गुणाः	tala aṁṭukonuṭa	తల అంటుకొనుట		46#5	243
Application of unguents	aṅgarāga guṇāḥ	अङ्गराग गुणाः	aṁgarāgaṁ	అంగరాగం		60#1	295
Appreciation of buttermilk	takraprabhāvaḥ	तक्रप्रभावः	takraprabhāvaṁ	తక్రప్రభావం		4#28	33
Appreciation of meat	māṁsa prāśastyam	मांस प्राशस्त्यम्	māṁsaprāśastyamu	మాంసప్రాశస్త్యము		21#11	103
Appreciation of soup	sūpa praśaṃsa	सूप प्रशंसा	pappukaṭṭu (sūpa) praśaṁsa	పప్పుకట్టు (సూప) ప్రశంస		19#8	94
Aquatic animals	matsya vargaḥ	मत्स्य वर्गः	matsyavargaṁ	మత్స్యవర్గం		21#8	103
Aquatic crows meat	jalakākamāṁsa guṇāḥ	जलकाकमांस गुणाः	nīrukākimāṁsaṁ	నీరుకాకిమాంసం		22#60	117
Aquatic plant leaf platter	jalajapatrōpayōga guṇāḥ	जलजपत्रोपयोग गुणाः	jalajasaṁbbhavapatrālu	జలజసంబ్భవపత్రాలు		48#12	251
Ārāma jīvanī	ārāmajīvanīśāka guṇāḥ	आरामजीवनीशाक गुणाः	tōṭatānaṁbulikūra	తోటతానంబులికూర		24#22	130
Ārāma rajamāṣa phalaṃ	ārāmarājamāṣaphala guṇāḥ	आरामराजमाषफल गुणाः	alasaṁdakāya	అలసందకాయ	*Vigna unguiculata* (L.) Walp.	27#47	153
Ārāma śāribā mūlaṃ	ārāmasāribāmūla guṇāḥ	आरामसारिबामूल गुणाः	tōṭamāmena	తోటమామెన	*Spondias pinnata (*L.f.*)* Kurz.	36#36	181
Ārdramatsyā fish	ārdramatsyamāṁsa guṇāḥ	आर्द्रमत्स्यमांस गुणाः	paccimīlu	పచ్చిమీలు		23#38	123
Areca nut	pūgīphala guṇāḥ	पूगीफल गुणाः	pōkaguṇālu	పోకగుణాలు	*Areca catechu* L.	55#3	271
Areca nut kernel	pūgamastaka guṇāḥ	पूगमस्तक गुणाः	pōkaguṁju	పోకగుంజు	*Areca catechu* L.	31#5	165
Arghya type of honey	arghya lakṣaṇaṃ	अर्घ्य लक्षणं	arghyaṁ	అర్ఘ్యం		8#21	47
Arid region animals meat	jāṅgala māṃsa guṇāḥ	जाङ्गल मांस गुणाः	jāṁgalamāṁsālu	జాంగలమాంసాలు		23#42	124
Arjun tree	pārtha guṇāḥ	पार्थ गुणाः	maddi	మద్ది	*Terminalia arjuna* (Roxb.ex DC.) Wight & Arn.	38#197	218
Arjun tree	pārtha guṇāḥ	पार्थ गुणाः	maddi	మద్ది	*Terminalia arjuna* (Roxb.ex DC.) Wight & Arn.	38#245	223
Arkapuṣpikāśākaṃ	arkapuṣpikāśāka guṇāḥ	अर्कपुष्पिकाशाक गुणाः	kōlapālakūra	కోలపాలకూర	*Holostemma ada-kodien* Schult.	24#56	134
Aromatic rice	sugandhiśāli guṇāḥ	सुगन्धिशालि गुणाः	kammarājanālu	కమ్మరాజనాలు	*Oriza sativa* L.	14#3	65
Arsenic oxide	gaurīpāṣāṇaguṇāḥ	गौरीपाषाणगुणाः	gaurīpāṣāṇaṁ	గౌరిపాషాణం	*As2O3*	62#42	304
As described in Bahata	bāhaṭa	बाहटे				37#*	187
Asafoetida	hiṅgu guṇāḥ	हिङ्गु गुणाः	iṁguvu	ఇంగువు	*Ferula assa-foetida* L.	38#72	205
Ash gourd	kūṣmāṇḍaśāka guṇāḥ	कूष्माण्डशाक गुणाः	ānagapukūra	ఆనగపుకూర		24#28	131
Ash gourd pickle	kūṣmāṇḍakanda haritaka guṇāḥ	कूष्माण्डकण्ड हरितक गुणाः	gummaḍikāyapaccaḍi	గుమ్మడికాయపచ్చడి	*Benincasa hispida* (Thunb.) Cogn.	32#1	166

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Ash pumpkin fryums	kūṣmāṇḍasya pakvaphala vaṭaka guṇāḥ	कूष्माण्डस्य पक्वफल वटक गुणाः	gummaḍivaḍiyālu	గుమ్మడివడియాలు	*Benincasa hispida* (Thunb.) Cogn.	34#8	173
Ashvagandhā	aśvagandha guṇāḥ	अश्वन्धा गुणाः	pennēru	పెన్నేరు	*Withania somnifera* (L.) Dunal	38#131	211
Asian palmyra palm/ Toddy palm	tāladruma guṇāḥ	तालद्रुम गुणाः	tāḍi	తాడి	*Borassus flabellifer* L.	38#273	226
Asparagus roots	śatāvarī guṇāḥ	शतावरी गुणाः	pillipīcara	పిల్లిపీచర	*Asparagus racemosus* Willd.	38#149	213
Āsphoṭa flowers	āsphoṭakusuma guṇāḥ	आस्फोटकुसुम गुणाः	aḍavimollalu	అడవిమొల్లలు	*Clitoria ternatea* L.	57#20	286
Assorted co-administers with medicine	anupāna guṇāḥ	अनुपान गुणाः	anupānaṁ	అనుపానం		53#14	264
Avoidable clothing	varjya vastrāḥ	वर्ज्य वस्त्राः	varjyavasraṁ	వర్జ్యవస్రం		47#18	248
Avoidable meat						23#61	127
Backphul, vegetable hummingbird	agastyapuṣpa guṇāḥ	अगस्त्यपुष्प गुणाः	agaśapuvvulu	అగశపువ్వులు	*Sesbania grandiflra* (L.) Poiret.	26#2	145
Baddhānnaṃ	baddhānna guṇāḥ	बद्धान्न गुणाः	caldigaṭṭinavaṁṭakaṁ	చల్దిగట్టినవంటకం		17#52	85
Bael fruit	bilvaphala guṇāḥ	बिल्वफल गुणाः	mārēḍukāya	మారేడుకాయ	*Aegle marmelos* (L.) Correa.	36#18	179
Bāhaṭa	bāhaṭe	बाहटे				37#*	186
Bāhaṭa text Bāhaṭa	बाहटे					3#*	24
Bāhu bird meat	bāhupakṣimāṃsa guṇāḥ	बाहुपक्षिमांस गुणाः	vulyālacērumāṁsaṁ	వుల్యాలచేరుమాంసం		22#8	112
Bāhya nālikā	bāhyanālikāśākā guṇāḥ	बाह्यनालिकाशाक गुणाः	bayaṭituṁṭikūra	బయటితుంటికూర		24#52	134
Bakphul	raktāgatsyaśāka guṇāḥ	रक्तागस्त्यशाक गुणाः	gummaḍikūra	గుమ్మడికూర	*Benincasa hispida* (Thunb.) Cogn.	24#27	131
Bakphul leaves	agatsyapatraśāka guṇāḥ	अगस्त्यपत्रशाक गुणाः	agaśakūra	అగశకూర	*Sesbania grandiflora* L.	24#25	131
Bāla bāṣpaṃ	bālabāṣpaśāka guṇāḥ	बालबाष्पशाक गुणाः	lētatōṭakūra	లేతతోటకూర	*Amaranthus* L.	24#13	129
Balāka bird meat	balākamāṁsa guṇāḥ	बलाकमांस गुणाः	kokkeramāṁsaṁ	కొక్కెరమాంసం	*Ardea cinerea* Linnaeus, 1758	22#56	117
Bamboo	veṇu guṇāḥ	वेणु गुणाः	veduru	వెదురు	*Bambusa vulgaris* Schrad. ex J.C. Wendl.	38#234	222
Bamboo fan	vaṁśavyajana guṇāḥ	वंशव्यजन गुणाः	veduruvisanakarra	వెదురువిసనకఱ్ఱ	*Bambusa vulgaris* Schrad. ex J.C. Wendl	50#13	257
Bamboo foliage fan	veṇuvṛnta vyajana guṇāḥ	वेणुवृन्त व्यजन गुणाः	veduruvisanakarra	వెదురువిసనకఱ్ఱ	*Bambusa vulgaris* Schrad. ex J.C. Wendl	50#5	256
Bamboo rice	vaṁśayava guṇāḥ	वंशयव गुणाः	vedurubiyyaṁ	వెదురుబియ్యం	*Bambusa arundinacea* (Retz.) Willd.	14#19	67
Banaba flower fryums	kadalīkusumavaṭaka guṇāḥ	कदलीकुसुमवटक गुणाः	araṭipuvvuvaḍiyālu	అరటిపువ్వువడియాలు	*Musa* × *paradisiaca* L.	34#6	172
Banana corm	kadalīkanda guṇāḥ	कदलीकन्द गुणाः	araṭiduṁpa	అరటిదుంప	*Musa* × *paradisiaca* L.	30#24	164
Banana fruit	kadalīphala guṇāḥ	कदलीफल गुणाः	ginaraṭipaṁḍlu	గినరటిపండ్లు	*Musa* × *paradisiaca* L.	37#7	183
Banana leaf platter	kadalīpatrōpayōga guṇāḥ	कदलीपत्रोपयोग गुणाः	araṭākuvistari	అరటాకువిస్తరి	*Musa* × *paradisiaca* L.	48#8	251

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Banana śikhari	kadalīphalādi śikhari guṇāḥ	कदलीफलादि शिखरि गुणाः	araṭipaṁḍlaśikhari	అరటిపండ్లశిఖరి	*Musa × paradisiaca* L.	17#50	84
Banana Stem	rambhastambha guṇāḥ	रम्भास्तम्भ गुणाः	araṭibōde	అరటిబోది	*Musa × paradisiaca* L.	29#1	160
Banana, tamarind and spice pickle	ciñcāphalarasa evaṁ kadalīphala haritaka guṇāḥ	चिञ्चाफलरस एवं कदलीफल हरितक गुणाः	araṭipaṁḍupaccaḍi	అరటిపండుపచ్చడి	*Musa × paradisiaca* L. & *Tamarindus indicus*	32#17	168
Banyan leaf sprouts	vaṭāṅkura guṇāḥ	वटाङ्कुर गुणाः	marriciguḷḷu	మర్రిచిగుళ్ళు	*Ficus benghalensis* Linn.	25#4	143
Barbara śākaṃ	barbaraśāka guṇāḥ	बर्बरशाक गुणाः	kukkavāyiṁṭakūra	కుక్కవాయింటకూర	*Cleome viscosa* L	24#64	135
Bark of five trees	pañcatvak guṇāḥ	पञ्चत्वक् गुणाः	paṁcatvagguṇālu	పంచత్వగ్గుణాలు		38#190	218
Bark of Kurchi tree	vatsakatvak guṇāḥ	वत्सकत्वक् गुणाः	koḍiśatōlukalu	కొడిశతోలుకలు	*Holarrhena pubescens* Wall. ex G.Don	38#84	206
Barley	yava guṇāḥ	यव गुणाः	yavalu	యవలు	*Hordeum vulgare* L.	14#18	67
Basella	upodakaśāka guṇāḥ	उपोदकशाक गुणाः	baccalikūra	బచ్చలికూర	*Basella alba* L.	24#16	129
Basella flower	upodakīpuṣpa guṇāḥ	उपोदकीपुष्प गुणाः	baccalipuvvulu	బచ్చలిపువ్వులు	*Basella alba* L.	26#10	146
Bat meat	śṛñgāhvā māṁsa guṇāḥ	शृङ्गाह्वा मांस गुणाः	gabbilapumāṁsaṁ	గబ్బిలపుమాంసం	*Pteropus medius Temminck, 1825*	22#28	114
Bath with hot water	uṣṇāmbusnānaguṇāḥ	उष्णाम्बुस्नानगुणाः	uṣṇāṁbbusnānaṁ	ఉష్ణాంబ్బస్నానం		46#11	244
Bath with very hot water	atyuṣṇodakasnānaguṇāḥ	अत्युष्णोदकस्नानगुणाः	atyuṣṇōdakaguṇaṁ	అత్యుష్ణోదకగుణం		46#10	244
Bavchi, Bakuchi	bākucī guṇāḥ	बाकुची गुणाः	bhāvaṁjivittulu	భావంజివిత్తులు	*Psoralea corylifolia* Linn.	38#174	216
Beach calophyllum flowers	beach calophyllum flowers	पुन्नागपुष्प गुणाः	ponna	పొన్న	*Calophyllum inophyllum* L.	57#13	285
Bear meat	rukṣamāṁsa guṇāḥ	ऋक्षमांस गुणाः	elugumāṁsaṁ	ఎలుగుమాంసం	*Melursus ursinus* (Shaw, 1791)	21#42	108
Bee sting bush fruit	siṁhaphala guṇāḥ	सिंहफल गुणाः	tellavuppipaṁḍu	తెల్లవుప్పిపండు	*Azima tetracantha* Lam.	37#72	192
Bee wax	siktaka guṇāḥ	सिक्तक गुणाः	mainaṁ	మైనం	*Esters of fatty acids and fatty alcohols, along with hydrocarbons and free fatty acids*	38#95	208
Beef	gāvamāṁsa guṇāḥ	गावमांस गुणाः	gunupōtumāṁsaṁ	గునుపోతుమాంసం	*Bos indicus,* Linnaeus, 1758	21#34	107
Belliric Myrobalan	akṣa, vibhītakī guṇāḥ	अक्ष, विभीतकी गुणाः	tāḍikāya	తాడికాయ	*Terminalia bellirica* (Gaertn.) Roxb..	38#3	196
Benefits of nasal medication	nasya guṇāḥ	नस्य गुणाः				42#6	234
Benefits of Smoke-therapy						44#2.2	238
Bengal gram laddu	caṇaka modaka guṇāḥ	चणक मोदक गुणाः	śanagalamōruṁḍalu	శనగలమోరుండలు	*Cicer arietinum* L.	20#11	99
Bengal gram soup	kalāyayūṣa guṇāḥ	कलाययूष गुणाः	śanagakaṭṭu	శనగకట్టు	*Cicer arietinum* L.	19#18	95
Bengal kino leaf platter	pālāśapatrōpayōga guṇāḥ	पालाशपत्रोपयोग गुणाः	mōdākulavistari	మోదాకులవిస్తరి	*Butea monosperma* (Lam.) Taub.	48#9	251
Bermuda grass	hariddūrvā guṇāḥ	हरिद्दूर्वा गुणाः	dūrva	దూర్వ	*Cynodon dactylon* (L.) Pers.	38#235	222
Best aquatic meat type	śreṣṭhajalacaramāṁsa guṇāḥ	श्रेष्टजलचरमांस गुणाः	matsyaśrēṣṭhālu	మత్స్యశ్రేష్ఠాలు		23#40	123

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Betel Leaf parts to be avoided	tyajya patrāṅgāḥ	त्याज्य पत्राङ्गाः	parṇavarjāḥ	పర్ణవర్జాఃు		55#13	274
Betel leaves	nāgapatra sevana guṇāḥ	नागपत्र सेवन गुणाः	tamalapākulu	తమలపాకులు	*Piper betel* L.	55#6	272
Betel nut water	pūgodakaguṇāḥ	पूगोदकगुणाः	pōkanīḷḷu	పోకనీళ్ళు	*Areca catechu* L.	1#60	9
Betel quid	betel quid group	अथ ताम्बूलवर्गमाह	tāṁbūlaṁ	తాంబూలం	*Piper betel* L.	55#	271
Betel quid with aromatic spices	tāmbūlasevana guṇāḥ	ताम्बूलसेवन गुणाः	tāṁbūlaṁ	తాంబూలం	*Piper betel* L.	55#1	271
Betel quid with aromatics	tāmbūlasevana guṇāḥ	ताम्बूलसेवन गुणाः	tāṁbūlaṁ	తాంబూలం	*Piper betel* L.	55#10	273
Betelnut tree toddy	pūgadrumamadyaguṇāḥ	पूगद्रुममद्यगुणाः	pōkamānumadhyaṁ	పోకమానుమధ్యం	*Areca catechu* L.	11#16	58
Bhadrakāravallīphala	bhadrakāravallīphala guṇāḥ	भद्रकारवल्लीफल गुणाः	doṁtakākarakāya	దొంతకాకరకాయ	*Momordica dioica* Roxb.*ex Willd*	27#31	151
Bhañjiśāka	bhañjiśāka guṇāḥ	भञ्जिशाक गुणाः	boddikūra	బొద్దికూర		24#96	139
Bharadvaji phala	bhāradvājaphalam	भारद्वाजफलं	vārijapukāya	వారిజపుకాయ	*Erythrina indica* Lam.	27#81	157
Bhāradvājodbhavaṃ puṣpaṃ	bhāradvājapuṣpa guṇāḥ	भारद्वाजपुष्प गुणाः	vārijapupuvulu	వారిజపుపువులు	*Erythrina indica* Lam. *Or Thespesia lampas (Cav.)* Dalzell & A.Gibson	26#5	145
Bhāsa type eagle meat	bhāsamāṁsa guṇāḥ	भासमांस गुणाः	bhāsamanēḍegamāmsaṁ	భాసమనేడెగమామ్సం	*Gypaetus barbatus* (Linnaeus, 1758)	22#44	116
Bhavanāśinī river	bhavanāśinyudakaguṇāḥ	भवनाशिन्युदकगुणाः	bhavanāśinīnadinīḷḷu	భవనాశినినదినీళ్ళు		1#19	4
Bhīmarathi river	bhīmarathyudakaguṇāḥ	भीमरथ्युदकगुणाः	bhīmarathinīḷḷu	భీమరథినీళ్ళు		1#22	4
Bhrāmara type of honey	bhrāmara lakṣaṇaṃ	भ्रामर लक्षणं	bhrāmaraṁ	భ్రామరం		8#17	47
Bhrāmaraṃ type of honey	bhrāmaraṃ	भ्रामरं	bhrāmaraṁ	భ్రామరం		8#5	45
Bhūparūṣaka	bhūparūṣakaphala guṇāḥ	भूपरूषकफल गुणाः	nēlaītapaṁḍlu	నేలఈతపండ్లు		37#27	186
Big Coffee senna	mahākāsamarda guṇāḥ	महाकासमर्द गुणाः	peddakasivemdakūra	పెద్దకసివెందకూర	*Senna occidentalis* (L.) L*ink*	24#63	135
Big sesame	sthūlatilā guṇāḥ	स्थूलतिल गुणाः	peddanuvvulu	పెద్దనువ్వులు	*Sesamum indicum* L.	15#38	74
Big variety of green gram	mahāmudga guṇāḥ	महामुद्ग गुणाः	doḍḍapesalu	దొడ్డపెసలు	*Vigna radiata* (L.) R. Wilczek	15#4	70
Big variety of sorghum/jowar	mahoddāla guṇāḥ	महोद्दाल गुणाः	peddajonnalu	పెద్దజొన్నలు	*Sorghum bicolor* (L.) Moench	14#21	67
Bigarade fruit	nāraṅgaphala guṇāḥ	नारङ्गफल गुणाः	nāradapukāya	నారదపుకాయ	*Citrus aurantium* L	36#10	178
Bigarade fruit	nāraṅgaphala guṇāḥ	नारङ्गफल गुणाः	nāradapupaṁḍu	నారదపుపండు	*Citrus aurantium* L	37#17	184
Bigger variety of rice	mahāśāli guṇāḥ	महाशालि गुणाः	rājanālu	రాజనాలు	*Oriza sativa* L.	14#2	65
Bijavalli Fruit	bījavallīphalam	बीजवल्लीफलम्	kaṭlekāya	కట్లెకాయ		27#62	155
Bilva fruit	pakvabilvaphala guṇāḥ	पक्वबिल्वफल गुणाः	mārēḍupaṁḍu	మారేడుపండు	*Aegle marmelos* (L.) Correa.	37#65	192
Bird Meat Group	vihaṅgavargaḥ	विहङ्गवर्गः	vihaṁgavargaṁ	విహంగవర్గం		22#	111
Birds, animals floating on water	apcara vargaḥ	अप्चर वर्गः	apcaravargaṁ	అప్చరవర్గం		21#7	103
Bismuth/Selenium	capalaḥ	चपलः	capalaṁ	చపలం	*Bismuth (Bi)*	62#41	304
Bitter cucumber, Karela	kāravalliśāka guṇāḥ	कारवल्लिशाक गुणाः	kākarakūra	కాకరకూర	*Momordica charantia* L.	24#39	132

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Bitter gourd	kāravallīphala guṇāḥ	कारवल्लीफल गुणाः	mudurukākarakāya	ముదురుకాకరకాయ	*Momordica charantia* L.	27#28	151
Bitter gourd	kāravallīphala guṇāḥ	कारवल्लीफल गुणाः	kākarakāya	కాకరకాయ	*Momordica charantia* L.	27#32	151
Bitter gourd	ikṣvāku guṇāḥ	इक्ष्वाकु गुणाः	cēduvadarakāya	చేదువదరకాయ	*Lagenaria siceraria* (Molina) Standl.	38#176	217
Bitter gourd pickle	paṭolaphala haritaka guṇāḥ	पटोलफल हरितक गुणाः	kākarakāyapaccaḍi	కాకరకాయపచ్చడి	*Momordica charantia* L.	32#23	169
Bitter ivy gourd	tiktabimbipatra guṇāḥ	तिक्तबिम्बिपत्र गुणाः	cēdudoṁḍakūra	చేదుదొండకూర	*Coccinia grandis (*L.*)* Voigt.	24#77	137
Bitter ivy gourd	tiktabimbīphala guṇāḥ	तिक्तबिम्बीफल गुणाः	cēdudoṁḍakāya	చేదుదొండకాయ	*Coccinia grandis (*L.*)* Voigt.	27#36	152
Bitter Oleander fruit	vatsakaphala guṇāḥ	वत्सकफल गुणाः	koḍiśakāya	కొడిశకాయ	*Holarrhena pubescens* Wall. ex G.Don	36#17	179
Bitter Pointed gourd	tiktapaṭola guṇāḥ	तिक्तपटोल गुणाः	cēdupoṭla	చేదుపొట్ల	*Trichosanthes tricuspidata* Lour.	38#100	208
Bitter snake gourd	tiktapaṭolaśāka guṇāḥ	तिक्तपटोलशाक गुणाः	cēdupoṭla	చేదుపొట్ల	*Trichosanthes tricuspidata* Lour.	24#74	136
Bitter sponge gourd	devadālī guṇāḥ	देवदाली गुणाः	dādaraḍaṁgikāya	దాదరడంగికాయ	*Luffa echinata* Roxb..	38#177	217
Bitter variety of ridge gourd	tiktakośātakīphala guṇāḥ	तिक्तकोशातकीफल गुणाः	cēdu bīrakāya	చేదు బీరకాయ	*Luffa acutangula* (L.) Roxb.	27#25	151
Bitter variety of snake gourd	tiktapaṭolaphala guṇāḥ	तिक्तपटोलफल गुणाः	cēdu poṭlakāya	చేదు పొట్లకాయ	*Trichosanthes tricuspidata* Lour.	27#23	150
Black agarwood	kṛṣṇāgaru guṇāḥ	कृष्णागरु गुणाः	kṛṣṇāgaru	కృష్ణాగరు	*Aquilaria malaccensis* (Lam.) Poir.	56#9	279
Black agarwood oil	kṛṣṇāgarujataila guṇāḥ	कृष्णागरुजतैल गुणाः	cādu	చాదు	*Aquilaria malaccensis* (Lam.) Poir.	56#15	280
Black agarwood smoke	kṛṣṇāgurudhūpaṁ	कृष्णागुरुधूपं	kṛṣṇāgarudhūpaṁ	కృష్ణాగరుధూపం	*Aquilaria malaccensis* (Lam.) Poir.	49#3	252
Black Agarwood/ Eaglewood oil	kṛṣṇāgarutailaguṇāḥ	कृष्णागरुतैलगुणाः	kṛṣṇāgarutailaṁ	కృష్ణాగరుతైలం	*Aquilaria malaccensis* (Lam.) Poir.	10#5	56
Black Arbi	kṛṣṇaśākuṭakanda guṇāḥ	कृष्णशाकुटकन्द गुणाः	nallacēmagaḍḍa	నల్లచేమగడ్డ	*Colocasia esculenta* (L.) Schott	30#22	163
Black Arjuna tree	kṛṣṇārjuna guṇāḥ	कृष्णार्जुन गुणाः	kṛṣṇāgaru	కృష్ణాగరు	*Terminalia alata* Heyne ex Roth	38#205	219
Black ativisa	kṛṣṇaprativiṣa guṇāḥ	कृष्णप्रतिविष गुणाः	nallātivasa	నల్లాతివస	*Aconitum heterophyllum* Wall. ex Royle.	38#66	204
Black banana fruit	kṛṣṇakadalīphala guṇāḥ	कृष्णकदलीफल गुणाः	nalla araṭipaṁḍlu	నల్ల అరటిపండ్లు	*Musa × paradisiaca* L.	37#8	183
Black Berry fruit	jāmbavaphala guṇāḥ	जाम्बवफल गुणाः	nērēḍupaṁḍlu	నేరేడుపండ్లు	*Syzygium cumini* (L.) Skeels.	37#45	189
Black berry seeds	jambūbīja guṇāḥ	जम्बूबीज गुणाः	nērēḍugiṁjalu	నేరేడుగింజలు		37#44	189
Black brinjal	kṛṣṇavārtākam	कृष्णवार्ताकम्	nallavaṁkāya	నల్లవంకాయ	*Solanum melongena* L.	27#54	154
Black camel's milk	nīloṣṭrikāpayaḥ	नीलोष्ट्रिकापयः	nallaloṭipiṭapālu	నల్లలొటిపిటపాలు	*Camelus dromedarius* Linnaeus, 1758	2#26	19
Black caraway seeds	kṛṣṇajīraka guṇāḥ	कृष्णजीरक गुणाः	nallajīlakarra	నల్లజీలకర్ర	*Carum carvi* L.	38#41	202

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Black Cowpea	kṛṣṇarājamāṣa guṇāḥ	कृष्णराजमाष गुणाः	nallālasaṁdalu	నల్లాలసందలు	*Vigna unguiculata* (L.) Walp.	15#21	71
Black crab's fish	kṛṣṇakarkāṭakamāṁsa guṇāḥ	कृष्णकर्काटकमांस गुणाः	nallayaṁḍra	నల్లయండ్ర	*Scylla serrata* (Forskål, 1775)	23#31	122
Black crane meat	kṛṣṇasārasa māṃsa guṇāḥ	कृष्णसारस मांस गुणाः	nallagoṁgamāṁsaṁ	నల్లగొంగమాంసం	*Grus nigricollis* Przewalski, 1876	22#26	114
Black cutch tree extract	khadira guṇāḥ	खदिर गुणाः	caṁḍra	చండ్ర	*Acacia catechu* (L.f.) Willd	38#164	215
Black Distiller's Acacia	kṛṣṇārimeda guṇāḥ	कृष्णारिमेद गुणाः	tummatummabaṁka	తుమ్మతుమ్మబంక	*Acacia farnesiana* (L.) Willd	38#254	224
Black Distiller's Acacia Gum	kṛṣṇārimedaniryāsa guṇāḥ	कृष्णारिमेदनिर्यास गुणाः	nallatummabaṁka	నల్లతుమ్మబంక	*Acacia farnesiana* (L.) Willd	38#255	224
Black dolichos beans	kṛṣṇaniṣpāva guṇāḥ	कृष्णनिष्पाव गुणाः	nalla anumulu	నల్ల అనుములు	L*ablab purpureus* (L.) Sweet	15#33	73
Black gram	māṣa guṇāḥ	माष गुणाः	minumulu	మినుములు	*Vigna mungo* (L.) Hepper	15#11	71
Black gram flour fryums	candrākāra māṣādivaṭaka guṇāḥ	चन्द्राकार माषादिवटक गुणाः	appaḍālu	అప్పడాలు	*Vigna mungo* (L.) Hepper	34#4	172
Black gram flour soup	māṣapiṣṭavikṛtairvipācitayūṣa guṇāḥ	माषपिष्टविकृतैर्विपाचितयूष गुणाः	minupakūra kaṭṭu	మినుపకూర కట్టు	*Vigna mungo* (L.) Hepper	19#27	96
Black gram fryums	māṣādivaṭaka guṇāḥ	माषादिवटक गुणाः	minupavaḍiyālu	మినుపవడియాలు	*Vigna mungo* (L.) Hepper	34#3	172
Black gram soup	māṣasūpa guṇāḥ	माषसूप गुणाः	minupapappu	మినుపపప్పు	*Vigna mungo* (L.) Hepper	19#3	93
Black gram soup	māṣa yūṣa guṇāḥ	माष यूष गुणाः	minupakaṭṭu	మినుపకట్టు	*Vigna mungo* (L.) Hepper	19#15	95
Black green gram	kṛṣṇamudgotthita yūṣa guṇāḥ	कृष्णमुद्गोत्थित यूष गुणाः	nallapesarakaṭṭu	నల్లపెసరకట్టు	*Vigna radiata* (L.) R. Wilczek	19#11	94
Black henbane	ajāmoda guṇāḥ	अजामोद गुणाः	khurasānivōma	ఖురసానివోమ	*Hyoscyamus niger* L.	38#43	202
Black horse gram soup	kṛṣṇakulattha yūṣa guṇāḥ	कृष्णकुलत्थ यूष गुणाः	nallavavulavakaṭṭu	నల్లవవులవకట్టు	*Macrotyloma uniflorum (*Lam.*)* Verdc	19#14	95
Black horse-gram	kṛṣṇakulattha guṇāḥ	कृष्णकुलत्थ गुणाः	nallagollalu	నల్లగొల్లలు	*Macrotyloma uniflorum (*Lam.*)* Verdc	15#27	72
Black musali	vārāhi guṇāḥ	वाराहि गुणाः	nēlatāḍigaḍḍalu	నేలతాడిగడ్డలు	*Curculigo orchioides* Gaertn.	38#217	220
Black night shade	kākamācī guṇāḥ	काकमाची गुणाः	kāmaṁci	కామంచి	*Solanum nigrum* L.	38#224	221
Black night shade fruit	kākāmācīphala guṇāḥ	काकमाचीफल गुणाः	kāmaṁcipaṁḍu	కామంచిపండు	*Solanum nigrum* L.	37#70	192
Black oil plant, climbing staff tree	kaṅguṇī, jyotiṣmati guṇāḥ	कङ्गुणी, ज्योतिष्मति गुणाः	kaṁguṇikālu	కంగుణికాలు	*Celastrus paniculatus* Willd.	38#58	204
Black Pepper	marica guṇāḥ	मरिच गुणाः	miriyālu	మిరియాలు	*Piper nigrum* L.	38#11	198
Black plantain water	kṛṣṇarambhājalaguṇāḥ	कृष्णरम्भाजलगुणाः	nallaniaraṭinīḷḷu	నల్లనిఅరటినీళ్ళు	*Musa* × *paradisiaca* L.	1#54	8
Black rice	kṛṣṇaśāli guṇāḥ	कृष्णशालि गुणाः	nalladuganasarulu	నల్లదుగనసరులు	*Oriza sativa* L.	14#12	66
Black rice liquor	kṛṣṇavrīhibhavaṃ madyaṃ	कृष्णव्रीहिभवं मद्यं	nallavaḍlamadyaṁ	నల్లవడ్లమద్యం	*Oriza sativa* L.	11#7	57
Black salt	sauvarcala lavaṇa	सौवर्चल लवणम्	sauvarcalavaṇaṁ	సౌవర్చలవణం	*NaCl, and trace amounts of other salts and minerals, including sodium sulfate, sodium bisulfate, sodium bisulfite, sodium sulfide, iron sulfide, and hydrogen sulfide*	62#48	305

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Black sesame	kṛṣṇatila guṇāḥ	कृष्णतिल गुणाः	nallanuvvulu	నల్లనువ్వులు	*Sesamum indicum* L.	15#37	74
Black sheep's milk	kṛṣṇāvika dugdham	कृष्णाविक दुग्धम्	nalla gorre pālu	నల్ల గొర్రె పాలు	*Ovis aries* Linnaeus, 1758	2#18	18
Black taro root stem/ Arbi	kṛṣṇaśākuṭajanāla guṇāḥ	कृष्णशाकुटजनाल गुणाः	nallacēmakāma	నల్లచేమకామ	*Colocasia esculenta (*L.*)* Schott	29#8	160
Black variety of foxtail millet	kṛśṇapriyaṅgu guṇāḥ	कृष्णाप्रियङ्गु गुणाः	nallakorralu	నల్లకొర్రలు	*Setaria italica* (L.) P.Beauv.	14#30	68
Black variety of holy basil	kṛṣṇatulasī guṇāḥ	कृष्णतुलसी गुणाः	kṛṣṇatulasi	కృష్ణతులసి	*Ocimum tenuiflorum* L. *Synonym Ocimum sanctum* L.	38#207	219
Black variety round pea	kṛṣṇakalāya guṇāḥ	कृष्णकलाय गुणाः	nallaśanagalu/nalla baṭhāṇīlu	నల్లశనగలు/నల్ల బఠాణీలు	L*athyrus oleraceus* Lam.	15#16	71
Black, greater cardamom	bṛhadelā guṇāḥ	बृहदेला गुणाः	peddayālakulu	పెద్దయాలకులు	*Amomum subulatum* Roxb..	38#18	199
Black-eyed bean	śyāmalarājamāṣaphala guṇāḥ	श्यामलराजमाषफल गुणाः	nallālasaṁdakāya	నల్లాలసందకాయ	*Vigna unguiculata* (L.) Walp.	27#50	154
Black-Honey Shrub fruit	kṛṣṇavelliphala guṇāḥ	कृष्णवेल्लिफल गुणाः	nallapuluguḍupaṁḍu	నల్లపులుగుడుపండు	*Phyllanthus reticulatus* Poir.	37#74	193
Blackish green gram	kṛṣṇamudga guṇāḥ	कृष्णमुद्ग गुणाः	nallapesalu	నల్లపెసలు	*Vigna radiata* (L.) R. Wilczek	15#3	70
Blended pond and well waters	tāṭākakaupamiśritajalaguṇāḥ	ताटाककौपमिश्रितजलगुणाः	ceruvu, bāvivi kalipina nīḷḷu	చెరువు, బావివి కలిపిన నీళ్ళు		1#51	8
Blue crane meat	krauñcamāṁsa guṇāḥ	क्रौञ्चमांस गुणाः	nīlakoṁgamāṁsaṁ	నీలకొంగమాంసం		22#62	118
Blue pea	dhenuśreṇi guṇāḥ	धेनुश्रेणि गुणाः	diṁṭena	దింటెన	*Clitoria ternatea* L.	38#114	210
Blue pea	girikarṇi guṇāḥ	गिरिकर्णि गुणाः	nalladiṁṭena	నల్లదింటెన	*Clitoria ternatea* L.	38#115	210
Blue rattlepod	śaṇapuṣpa guṇāḥ	शणपुष्प गुणाः	janapapuvvu	జనపపువ్వు	*Crotalaria verrucosa* L.	38#178	217
Blue tents	nīlavastranirmitagṛha guṇāḥ	नीलवस्त्रनिर्मितगृह गुणाः	nīliguḍāru	నీలిగుడారు		51#2	258
Blue water lily	indīvarapuṣpa guṇāḥ	इन्दीवरपुष्प गुणाः	nallakaluva	నల్లకలువ	*Nymphaea nouchali* Burm.f.	57#30	287
Boiled milk	śṛta payaḥ	श्रृत पयः	kācinapālu	కాచినపాలు		2#32	20
Bonduc nut leaves	kuberākṣiśāka guṇāḥ	कुबेराक्षिशाक गुणाः	gaccakūra	గచ్చకూర	*Caesalpinia bonduc* (L.) Roxb..	24#76	137
Bone marrow with meat	māṁsānugasarvamajjā guṇāḥ	मांसानुगसर्व मज्जा गुणाः	yallamajjulu	యల్లమజ్జలు		23#59	126
Borax	ṭaṅkaṇakṣāra	टङ्कणक्षार	veligāraṁ	వెలిగారం	*A hydrated or anhydrous borate of sodium, with the chemical formula* $Na_2H_{20}B_4O_{17}$	62#53	306
Bottle gourd	tumbīphala guṇāḥ	तुम्बीफल गुणाः	ānagapukāya	ఆనగపుకాయ	L*agenaria siceraria* (Molina) Standl.	27#5	148
Branch green gram	śākhāmudga guṇāḥ	शाखामुद्ग गुणाः	kommapesalu	కొమ్మపెసలు	*Vigna radiata* (L.) R. Wilczek	15#5	70
Brass	rītī guṇāḥ	रीती गुणाः	ittaḍibhasmaṁ	ఇత్తడిభస్మం	*Copper and Zinc Alloy*	53#20	265
Breast milk	nārīkṣīraṃ	नारीक्षीरं	canupālu	చనుపాలు	*Homo sapiens* Linnaeus, 1758.	2#21	18
Brinjal	vārtākam	वार्ताकम्	vaṁkāya	వంకాయ	*Solanum melongena* L.	27#52	154

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Brinjal ggplant fryums	vṛntākaphalavaṭaka guṇāḥ	वृन्ताकफलवटक गुणाः	vaṁkāyavaḍiyālu	వంకాయవడియాలు	*Solanum melongena* L.	34#7	173
Broken pieces of Indian bread made with broken rice	khaṇḍamaṇḍikā guṇāḥ	खण्डमण्डिका गुणाः	khaṁḍamaṁḍeṁgalu	ఖండమండెంగలు	*Oriza sativa* L.	18#3	89
Bronze	kāṁsya guṇāḥ	कांस्य गुणाः	kāṁsyabhasmaṁ	కాంస్యభస్మం	*Copper and Tin alloy*	53#19	265
Bronze utensils	kāṁsyapātra guṇāḥ	कांस्यपात्रोपयोग गुणाः	kaṁcupātra	కంచుపాత్ర	*Copper and Tin alloy*	48#1	250
Bronze utensils	āṁsyapātrōpayōga guṇāḥ	कांस्यपात्रोपयोग गुणाः	kaṁcanaputele/kaṁcukaṁcamu	కంచనపుతెలె/కంచుకంచము	*Copper and Tin alloy*	48#5	250
Brown mustard	rājikā guṇāḥ	राजिका गुणाः	veliāvālu	వెలిఆవాలు	*Brassica juncea* (L.) Czern.	38#32	200
Brushing teeth	dantadhāvanam	दन्तधावनम्	daṁtadhāvanaṁ	దంతధావనం		40#	228
Buffalo dung	mahiṣaviḍ guṇāḥ	महिषविड् गुणाः	enupapeṁḍa	ఎనుపపెండ	*Bubalus bubalis,* Linnaeus, 1758	13#2	63
Buffalo ghee	mahiṣī ghṛtaguṇāḥ	महिषी घृतगुणाः	enupanēyi	ఎనుపనేయి	*Bubalus bubalis,* Linnaeus, 1758	6#5	37
Buffalo meat	mahiṣamāṁsa guṇāḥ	महिषमांस गुणाः	enuṁmāṁsaṁ	ఎనుంమాంసం	*Bubalus bubalis,* Linnaeus, 1758	21#27	107
Buffalo milk	mahīṣīpayaḥ	महीषीपयः	enupapālu	ఎనుపపాలు	*Bubalus bubalis,* Linnaeus, 1758	2#13	17
Buffalo milk butter	māhiṣa navanītaguṇāḥ	माहिष नवनीतगुणाः	enupavenna	ఎనుపవెన్న	*Bubalus bubalis,* Linnaeus, 1758	5#6	35
Buffalo ride	māhiṣayāna guṇāḥ	माहिषयान गुणाः	enubōtunekkuṭa	ఎనుబోతునెక్కుట	*Bubalus bubalis,* Linnaeus, 1758	59#7	294
Buffalo urine	mahiṣamūtra guṇāḥ	महिषमूत्र गुणाः	enupamūtraṁ	ఎనుపమూత్రం	*Bubalus bubalis,* Linnaeus, 1758	12#5	61
Bullet wood flowers	vakulapuṣpa guṇāḥ	वकुलपुष्प गुणाः	pogaḍa	పొగడ	*Mimusops elengi* L	57#15	285
Bur-flower tree	kadamba guṇāḥ	कदम्ब गुणाः	kaḍimi	కడిమి	*Neolamarckia cadamba (*Roxb..*)* Bosser.	38#239	223
Burflower-tree	mahākadamba guṇāḥ	महाकदम्ब गुणाः	nīrukaḍimi	నీరుకడిమి	*Neolamarckia cadamba (*Roxb..*)* Bosser.	38#240	223
Burnt clothes and cloths bitten by rats	dagdha evaṁ ākhudaṣṭa vastra dhāraṇa guṇāḥ	दग्ध एवं आखुदष्ट वस्त्रधारण गुणाः	koragānicīralu	కొరగానిచిరలు		47#16	248
Bustard quail meat	lāvukamāṁsa guṇāḥ	लावुकमांस गुणाः	lāvukamāṁsaṁ	లావుకమాంసం	*Ardeotis nigriceps* (Vigors, 1831)	22#1	111
Butter group	navanītavargamāha	नवनीतवर्गमाह	navanītavargaṁ	నవనీతవర్గం		5#	35
Butter intake order	navanīta sevanakrama	नवनीत सेवनक्रम	navanītasēvākramaḥ	నవనీతసేవాక్రమః		5#11	36
Buttermilk contraindications	takravarjyāḥ	तक्रवर्ज्याः	takravarjyāḥ	తక్రవర్జ్యాః		4#31	34
BUTTERMILK GROUP	takravargamāha	तक्रवर्गमाह	takravargaṁ	తక్రవర్గం		4#28	28
Buttermilk khala	takrakhala guṇāḥ	तक्रखल गुणाः	callarasaṁ	చల్లరసం		28#5	158
Buttermilk khala variants	dravyānusāratakrakhala guṇāḥ	द्रव्यानुसारतक्रखल गुणाः	sarvamainakhalālu	సర్వమైనఖలాలు		28#7	159

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Buttermilk made from curd which is formed by boiling milk extremely	atijāta takra guṇāḥ	अतिजात तक्र गुणाः	migulakācinapāla perugucalla	మిగులకాచినపాల పెరుగుచల్ల		4#18	31
Buttermilk made from curd which is not well formed	mandajāta takra guṇāḥ	मन्दजात तक्र गुणाः	pēraniperugucalla	పేరనిపెరుగుచల్ల		4#17	31
Buttermilk made from curd which is well formed (fully set)	jātatakra guṇāḥ	जाततक्र गुणाः	pērinaperugucalla	పేరినపెరుగుచల్ల		4#16	31
Buttermilk prepared by hands	karanirmathita guṇāḥ	करनिर्मथितगुणाः	cēcalla	చేచల్ల		4#7	29
Buttermilk prepared from buffalo's milk	mahīṣatakra guṇāḥ	महिषतक्र गुणाः	enupacalla	ఎనుపచల్ల	*Bubalus bubalis,* Linnaeus, 1758	4#3	28
Buttermilk utilization	takraprayogāḥ	तक्रप्रयोगाः	takraprayōgālu	తక్రప్రయోగాలు		4#19	31
Button quail meat	vartakamāṁsa guṇāḥ	वर्तकमांस गुणाः	pūriṭimāṁsaṁ	పూరిటిమాంసం	*Turnix sylvaticus* (Desfontaines, 1789)	22#10	112
Cakes and flour, obtained after the oil extraction	pinyāka guṇāḥ	पिण्याक गुणाः	piṁḍivaṁṭakaṁ	పిండివంటకం	*Oriza sativa* L.	17#40	83
Cakora meat	cakoramāṁsa guṇāḥ	चकोरमांस गुणाः	cakōrapumāṁsaṁ	చకోరపుమాంసం	*Alectoris chukar* (J.E. Gray, 1830)	22#6	112
Cakramarda	cakramardaśāka guṇāḥ	चक्रमर्दशाक गुणाः	tagiriśakūra	తగిరిశకూర	*Senna tora* (L.) Roxb..	24#91	138
Calamine	kharpara guṇāḥ	खर्पर गुणाः	rasaṁ	రసం	*Zinc core*	54#22	269
Calcinated mica	mṛta abhrakam	मृत अभ्रकम्	mṛtābhrakaṁ	మృతాభ్రకం	*K(Mg,Fe)$_3$(AlSi$_3$O$_{10}$)(OH)$_2$ (Biotite)*	62#61	307
Calotropis flowers-1	alarkapuṣpa guṇāḥ	अलर्कपुष्प गुणाः	pustepuvvulu	పుస్తెపువ్వులు	*Calotropis gigantea* (L.) W.T. Aiton.	26#12	146
Calotropis flowers-2	arkapuṣpa guṇāḥ	अर्कपुष्प गुणाः	jillēḍupuvvulu	జిల్లేడుపువ్వులు	*Calotropis procera* (Aiton) Dryand.	26#13	146
Caltrop, devil s thorn leave curry	śvadaṁṣṭrāśāka guṇāḥ	श्वदंष्ट्राशाक गुणाः	pallērukūra	పల్లేరుకూర	*Tribulus terrestris* L.	24#118	141
Caluṭīphala	caluṭīphala guṇāḥ	चलुटीफल गुणाः	illeṁdapaṁḍu	ఇల్లెందపండు		37#59	191
Camel buttermilk	auṣṭra takra guṇāḥ	औष्ट्रतक्र गुणाः	loṭipiṭacalla	లొటిపిటచల్ల	*Camelus bactrianus* Linnaeus, 1758	4#10	29
Camel dung/ manure	auṣṭraviḍ guṇāḥ	औष्ट्रविड् गुणाः	loṭipiṭaladdi	లొటిపిటలద్ది	*Camelus bactrianus* Linnaeus, 1758	13#7	63
Camel ghee	auṣṭraghrutaguṇāḥ	औष्ट्रघृतगुणाः	loṭipiṭanēyi	లొటిపిటనేయి	*Camelus bactrianus* Linnaeus, 1758	6#9	38
Camel meat	auṣṭramāṁsa guṇāḥ	औष्ट्रमांस गुणाः	loṭipiṭamāṁsaṁ	లొటిపిటమాంసం	*Camelus dromedarius* Linnaeus, 1758	21#36	107
Camel milk butter	auṣṭra navanītaguṇāḥ	औष्ट्र नवनीतगुणाः	loṭipiṭavenna	లొటిపిటవెన్న	*Camelus bactrianus* Linnaeus, 1758	5#10	36

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Camel milk curd	auṣṭradadhi guṇāḥ	औष्ट्रदधि गुणाः	loṭipiṭaperugu	లొటిపిటపెరుగు	*Camelus bactrianus* Linnaeus, 1758	3#10	26
Camel ride	uṣṭrayāna guṇāḥ	उष्ट्रयान गुणाः	loṭapiṭanekkuṭa	లొటపిటనెక్కుట	*Camelus bactrianus* Linnaeus, 1758	59#5	293
Camel urine	uṣṭrajamūtraguṇāḥ	उष्ट्रजमूत्रगुणाः	loṭipiṭamūtraṁ	లొటిపిటమూత్రం	*Camelus bactrianus* Linnaeus, 1758	12#8	62
Camel's milk	auṣṭrikaṃ kṣīraṃ	औष्ट्रिकं क्षीरं	loṭipiṭa pālu	లొటిపిట పాలు	*Camelus dromedarius* Linnaeus, 1758	2#24	19
Camphor	karpūra guṇāḥ	कर्पूर गुणाः	karpūraṁ	కర్పూరం	*C10H16O, Cinnamomum camphora* (L.) (J. Presl)	56#19	281
Camphor oil	karpūratailaguṇāḥ	कर्पूरतैलगुणाः	karpūratailaṁ	కర్పూరతైలం	*Cinnamomum camphora* (L.) (J. Presl)	9#23	54
Camphor oil	karpūratailaguṇāḥ	कर्पूरतैलगुणाः	karpūratailaṁ	కర్పూరతైలం	*Cinnamomum camphora* (L.) *J.*	10#7	56
Canal grass	kattṛṇa guṇāḥ	कत्तृण गुणाः	nimma gaḍḍi	నిమ్మ గడ్డి	*Cymbopogon schoenanthus* L. Spreng	38#128	211
Candahar tree, White Teak	kāśmarī guṇāḥ	काश्मरी गुणाः	gummuḍu	గుమ్ముడు	*Gmelina arborea* Roxb.ex Sm.	38#135	212
Candied sugar	khaṇḍaśarkarāguṇāḥ	खण्डशर्करागुणाः	khaṁḍaśarkara	ఖండశర్కర	$C_{12}H_{22}O_{11}$ *(Sucrose)*	7#19	43
Candrabhāga river	candrabhāgodakaguṇāḥ	चन्द्रभागोदकगुणाः	caṁdrabhāgānadinīḷḷu	చంద్రభాగానదినీళ్ళు		1#20	4
Cane stick walking stick	daṇḍadhāraṇam	दण्डधारणम्	yaṣṭikōla	యష్టికోల		62#4	298
Canopy, shade	vilāsa guṇāḥ	विलास गुणाः	caṁdvā	చంద్వా		61#4	296
Caraṇa type of Jack fruit	caraṇapanasaphala guṇāḥ	चरणपनसफल गुणाः	vērupanasapaṁḍu	వేరుపనసపండు	*Artocarpus heterophyllus* Lam.	37#21	185
Cardamom	elā guṇāḥ	एला गुणाः	yālakulu	యాలకులు	*Elettaria cardamomum* (L.) Maton	38#17	199
Carom seed	ajāmoda guṇāḥ	अजामोद गुणाः	ōma	ఓమ	*Trachyspermum ammi* L.	38#42	202
Cāruṣka māṃsa	cāruṣkamāṁsa guṇāḥ	चारुष्कमांस गुणाः	savarimāṁsaṁ	సవరిమాంసం		21#30	107
Cāṣa bird meat	cāṣamāṁsa guṇāḥ	चाषमांस गुणाः	magapālagumma	మగపాలగుమ్మ	*Coracias benghalensis* (Linnaeus, 1758)	22#39	116
Cashew nut oil	aruṣkaratailaguṇāḥ	अरुष्करतैलगुणाः	jīḍinūne	జీడినూనె	*Anacardium occidentale* L.	9#24	54
Castor	eraṇḍa guṇāḥ	एरण्ड गुणाः	āmudaṁ	ఆముదం	*Ricinus communis* L.	38#145	213
Castor flowers	airaṇḍapuṣpa guṇāḥ	ऐरण्डपुष्प गुणाः	āmudapupuvvulu	ఆముదపుపువ్వులు	*Ricinus communis* L.	26#11	146
Castor oil	eraṇḍatailaguṇāḥ	एरण्डतैलगुणाः	āmudapunūne	ఆముదపునూనె	*Ricinus communis* L.	9#8	53
Cat meat	mārjāramāṁsa guṇāḥ	मार्जारमांस गुणाः	pillimāṁsaṁ	పిల్లిమాంసం	*Felis catus* Linnaeus, 1758	21#45	108
Cat tail millet	veṇupatrikāśāka guṇāḥ	वेणुपत्रिकाशाक गुणाः	vennavedurukūra	వెన్నవెదురుకూర	*Pennisetum glaucum* (L.) R.Br.	24#102	139
Cat's eye precious stone	vaiḍūrya guṇāḥ	वैडूर्य गुणाः	vaiḍhūryaṁ	వైఢూర్యం	*Beryllium Aluminum Oxide (BeAl2O4)*	54#10	267

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Catechu	khadirasāra guṇāḥ	खदिरसार गुणाः	kācu	కాచు	*Acacia catechu* (L.f.) Willd	55#16	275
Category of Roots	sūraṇādi mūlavarga	सूरणादि मूलवर्गः	sūraṇādimūlavargaṁ	సూరణాదిమూలవర్గం		30#166	161
Caturjātaka	caturjātaka guṇāḥ	चतुर्जातक गुणाः	caturjātakaṁ	చతుర్జాతకం	*Cinnamomum zeylanicum Blume), Elettaria cardamomum, Cinnamomum tamala Nees, Mesua ferrea* Linn	38#24	200
Cereal (rice) gruel	peya guṇāḥ	पेय गुणाः	pēya	పేయ		16#2	76
Cereal grains	sarvaśāli guṇāḥ	सर्वशालि गुणाः	duganasarulu	దుగనసరులు	*Oriza sativa* L.	14#11	66
Cereals, grains	tṛṇadhānyavargamāha	तृणधान्यवर्गमाह	tṛṇadhānyavargaṁ	తృణధాన్యవర్గం		14#	65
Ceylon Caper	kṣudrasiṁhāsyakadvaya guṇāḥ	क्षुद्रसिंहास्यकद्वय गुणाः	uppi	ఉప్పి	*Capparis zeylanica* L.	38#261	225
Chanika	caṇikā guṇāḥ	चणिका गुणाः	gaṁṭena	గంటెన	*Eragrostis tremula* Hochst. ex Steud.	38#91	207
Characteristics of areca nut	pūgīphala lakṣaṇam	पूगीफल लक्षणम्	pōkalakṣaṇālu	పోకలక్షణాలు	*Areca catechu* L.	55#2	271
Characteristics of Rasāñjana	rasāñjana guṇāḥ	रसाञ्जन गुणाः				41#*	231
Characteristics of Souvīrāñjanam	sauvīrālakṣaṇāḥ	सौवीरालक्षणाः				41#*	230
Chariot ride	rathayāna guṇāḥ	रथयान गुणाः	baṁḍinekkuṭa	బండినెక్కుట		59#9	294
Charoli nut	priyālu guṇāḥ	प्रियालु गुणाः	mōraḷi	మోరళి	*Buchanania lanzan* Koch	38#252	224
Charpai	khatvā guṇāḥ	खट्वा गुणाः	nulakamaṁcaṁ	నులకమంచం		61#3	296
Chaste tree	reṇuka guṇāḥ	रेणुक गुणाः	rēṇukalu	రేణుకలు	*Vitex agnus-castus* L.	38#59	204
Chātraka type of honey	chātraka lakṣaṇaṃ	छात्रक लक्षणं	chātrikaṁ	ఛాత్రికం		8#20	47
Chebulic myrobalan	harītakī guṇāḥ	हरीतकी गुणाः	karakkāya	కరక్కాయ	*Terminalia chebula* Retz.	38#1	196
Chebulic myrobalan smoke	harītakīdhūpa guṇāḥ	हरीतकीधूप गुणाः	karakapāga	కరకపాగ	*Terminalia chebula* Retz.	49#15	254
Chir pine	sarala devadāru guṇāḥ	सरल गुणाः	saraḷadēvadāru	సరళదేవదారు	*Pinus roxburghii* Sarg.	38#56	203
Chironji fruit	priyāluphala guṇāḥ	प्रियालुफल गुणाः	mōraṭupaṁḍu	మోరటుపండు	*Buchanania lanzan* Koch	37#38	188
Chironji seed	priyālubīja guṇāḥ	प्रियालुबीज गुणाः	cārabiyyaṁ	చారబియ్యం	*Buchanania lanzan* Koch	37#39	188
Choijwal, wild pepper	reṇukā guṇāḥ	रेणुका गुणाः	rēṇukalu	రేణుకలు	*Piper cubeba* L.	38#28	200
Chrysanths flowers	śatapatrakusuma guṇāḥ	शतपत्रकुसुम गुणाः	cāmaṁti	చామంతి	*Chrysanthemum indicum* L.	57#5	283
Cidbila phalaṃ	ciḍbilasya pakvaphala guṇāḥ	चिड्बिलस्य पक्वफल गुणाः	buḍumapaṁḍu	బుడుమపండు		37#78	193
Cikkanaṣāḍabam	cikkanaṣāḍaba guṇāḥ	चिक्कनषाडब गुणाः	cikkaṇaṣābaḍaṁ	చిక్కణషాబడం		20#3	97
Cilicīma fish	cilicimāmatsyamāṁsa guṇāḥ	चिलिचिमामत्स्यमांस गुणाः	iṁgilālu	ఇంగిలాలు		23#18	121
Cīni variety of camphor	jānikarpūra guṇāḥ	जानिकर्पूर गुणाः	jāni	జాని	*C10H16O, Cinnamomum camphora (L.) (J. Presl)*	56#21	281
Cinnabar	hiṅgula guṇāḥ	हिङ्गुल गुणाः	iṁgilīkaṁ	ఇంగిలికం	*Mercury sulfide (HgS)*	54#11	267

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Cinnamon bay leaf	patraka guṇāḥ	पत्रक गुणाः	patrakaṁ	పత్రకం	*Cinnamomum tamala Nees & Eberm.*	38#21	199
Citron fruit	mātuluṅgaphala guṇāḥ	मातुलुङ्गफल गुणाः	mādīphalaṁ	మాదీఫలం	*Citrus medica* L.	37#14	184
Citron fruit gargle	mātuluṅgagaṇḍūṣa guṇāḥ	मातुलुङ्गगण्डूष गुणाः	mātuluṁgāmlagaṁḍūṣaṁ	మాతులుంగామ్లగండూషం	*Citrus medica* L.	43#2	235
Ciṭṭikā fruit	ciṭṭīkāphala guṇāḥ	चिट्टिकाफल गुणाः	ciṭumuṭipaṁḍu	చిటుముటిపండు	*Sida cordifolia* L.	37#76	193
Civet musk	javvādi guṇāḥ	जव्वादि गुणाः	juvvādi	జువ్వాది	*Civetone ((9Z)-cycloheptadec-9-en-1-one 100) is a natural pheromone originally derived from the African civet*	56#8	278
Civet oil	gandhamārjara guṇāḥ	गन्धमार्जर गुणाः	pūtigaḍḍalu	పూతిగడ్డలు	*Civetone ((9Z)-cycloheptadec-9-en-1-one 100) is a natural pheromone originally derived from the African civet*	56#7	278
Classes of poison	viṣajāti bhedāh	विषजाति भेदाः	viṣajātibhēdālu	విషజాతిభేదాలు		62#76	309
Cleaned white jaggery	dhautaguḍa guṇāḥ	धौतगुड गुणाः	tellacerakuḍu	తెల్లచెరకుడు	*Saccharum officinarum* L.	7#15	43
Cleaning of Teeth	dantadhāvana vidhiḥ	दन्तधावन विधिः	daṁtadhāvanavidhi	దంతధావనవిధి		40#1	228
Clearing nut fruit	katakaphala guṇāḥ	कतकफल गुणाः	cillakāya	చిల్లకాయ	*Strychnos potatorum* L.f.	36#16	178
Climber egg plant	vallīvārtākam	वल्लीवार्ताकम्	tīgavaṁkāya	తీగవంకాయ	*Solanum melongena* L.	27#56	155
Clone scented echites	mālatī guṇāḥ	मालती गुणाः	mālatī	మాలతీ	*Aganosma caryophyllata* (Roxb. ex Sims) G. Don.	57#3	283
Closed palanquin	śibikā guṇāḥ	शिबिका गुणाः	pallaki	పల్లకి		59#2	293
Clothes dyed in Indian maddar tree decoction	mañjiṣṭhāmbara dhāraṇa guṇāḥ	मञ्जिष्ठाम्बर धारण गुणाः	maṁjiṣthacira	మంజిష్ఠచిర		47#8	247
Clothing according to seasons	kālānusāra vastradhāraṇa vidhiḥ	कालानुसार वस्त्रधारण विधिः	vastrakālaṁ	వస్త్రకాలం		47#2	246
Clothing group	vastravargaḥ	वस्त्रवर्गः	vastravargamu	వస్త్రవర్గము		47#	246
Cloths worn by women	strīvastra dhāraṇa guṇāḥ	स्त्रीवस्त्र धारण गुणाः	strīvastraṁ	స్త్రీవస్త్రం		47#21	249
Clove	lavaṅga guṇāḥ	लवङ्ग गुणाः	lavaṁgālu	లవంగాలు	*Syzygium aromaticum* (L.) Merr. & L.*M.Perry.*	38#20	199
Clove buds	lavaṅgakalikā guṇāḥ	लवङ्गकलिका गुणाः	lavaṁgapuṣpaṁ	లవంగపుష్పం	*Syzygium aromaticum* (L.) Merr. & L.*M.Perry.*	57#26	287
Cluster brinjal	gucchavṛṃtākaphala	गुच्छवृंताकफलं	guttivaṁkāya	గుత్తివంకాయ	*Solanum melongena* L.	27#57	155
Cluster fig	udumbaraphalam	उदुम्बरफलम्	mēḍikāya	మేడికాయ	*Ficus racemosa* L.	27#71	156
Cluster fig tree	udumbara guṇāḥ	उदुम्बर गुणाः	mēḍi	మేడి	*Ficus racemosa* L.	38#187	218
Co-administers with medicine	anupāna guṇāḥ	अनुपान गुणाः	anupānaṁ	అనుపానం		53#6	262

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Cobra saffron	nāgakesara guṇāḥ	नागकेसर गुणाः	nāgakēsarālu	నాగకేసరాలు	*Mesua ferrea* L.	38#22	199
Coconut foliage fan	nārikelapatrasya vyajana guṇāḥ	नारिकेल पत्रस्य व्यजन गुणाः	nārikēḷapuvisanakarṟa	నారికేళపువిసనకఱ్ఱ	*Cocos nucifera* L.	50#1	256
Coconut kernel	nārikelamastaka guṇāḥ	नारिकेलमस्तक गुणाः	nārikēḷapuguṁju	నారికేళపుగుంజు	*Cocos nucifera* L.	31#2	165
Coconut milk	nārīkeḷodbhavaṃ kṣīraṃ	नारीकेलोद्भवं क्षीरम्	kobbaripālu	కొబ్బరిపాలు	*Cocos nucifera* L.	2#35	20
Coconut milk ghee	nārikelasarpiguṇāḥ	नारिकेलसर्पिगुणाः	nārikēlapunēyi	నారికేలపునేయి	*Cocos nucifera* L.	6#13	39
Coconut oil	nārikelatailaguṇāḥ	नारिकेलतैलगुणाः	nārikēḷapunūne	నారికేళపునూనె	*Cocos nucifera* L.	9#21	54
Coconut toddy	nārikelamadyaguṇāḥ	नारिकेलमद्यगुणाः	nārikēlapumadyaṁ	నారికేలపుమద్యం	*Cocos nucifera* L.	11#15	58
Coconut water	nārikelodakaguṇāḥ	नारिकेलोदकगुणाः	kobbarinīḷḷu	కొబ్బరినీళ్ళు	*Cocos nucifera* L.	1#52	8
Coffee senna	kāsaghnapatra guṇāḥ	कासघ्नपत्र गुणाः	kasiveṁdakura	కసివెందకుర	*Senna occidentalis* L. L*ink*	24#62	135
Coffee senna	kāsamardaphalam	कासमर्दफलम्	kasiveṁdakāya	కసివెందకాయ	*Senna occidentalis* L. L*ink*	27#84	157
Coffee senna sour gruel	kāsamardaśukta guṇāḥ	कासमर्दशुक्त गुणाः	kasiveṁdapulupu	కసివెందపులుపు	*Senna occidentalis* L. L*ink*	28#1	158
Coitus with middle-aged woman	prauḍhāstrīsaṅgama guṇāḥ	प्रौढास्त्रीसङ्गम गुणाः	prauḍhastrīsaṁgamaṁ	ప్రౌఢస్త్రీసంగమం		52#5	260
Coitus with wife	svastrīsaṅgama guṇāḥ	स्वस्त्रीसङ्गम गुणाः	svastrīsaṁgamaṁ	స్వస్త్రీసంగమం		52#2	259
Coitus with young woman	yauvanastrīsaṅgama guṇāḥ	यौवनस्त्रीसङ्गम गुणाः	yauvanastrīsaṁgamaṁ	యౌవనస్త్రీసంగమం		52#4	259
Colājadugdhaṃ	colājadugdhaṃ	चोलाजदुग्धं	connāṭi mēkapālu	చొన్నాటి మేకపాలు	*Capra hircus* Linnaeus, 1758	2#16	17
Cold smoke	śītadhūpa guṇāḥ	शीतधूप गुणाः	callanipoga(dhūpaṁ)	చల్లనిపొగ(ధూపం)		49#1	252
Cold water	śītodakaguṇāḥ	शीतोदकगुणाः	callaninīḷḷu	చల్లనినీళ్ళు		1#63	9
Coldwater bath	śītodakasnānaguṇāḥ	शीतोदकस्नानगुणाः	śītōdakasānaṁ	శీతోదకస్నానం		46#12	244
Collection of three myrobalan according to season	ṛtvanusāra triphalā grāhyakālaḥ	ऋत्वनुसार त्रिफला ग्राह्यकालः	ṛtuvulananusariṁci triphalā sēvana vidhi	ఋతువులననుసరించి త్రిఫలా సేవన విధి	*Terminalia chebula* Retz., *Terminalia bellerica* (Gaertn.) Roxb.., *Emblica officinalis Gaertn./Phyllanthus emblica* L	38#5	197
Collyrium	añjanabhedhāḥ	अञ्जनभेदाः	aṁjanavargaṁ	అంజనవర్గం		41#1	230
Collyrium group	atha añjanavargaḥ	अथ अञ्जनवर्गः				41#	230
Colocasia	śākuṭakanda guṇāḥ	शाकुटकन्द गुणाः	cēmagaḍḍalu	చేమగడ్డలు	*Colocasia esculenta (*L.*)* Schott	30#7	161
Colocynth	viśāla guṇāḥ	विशाल गुणाः	pāpara	పాపర	*Citrullus colocynthis* (L.) Schrad.	38#271	226
Colour of of Honey	mākṣika varṇāḥ	माक्षिक वर्णाः	madhuvarṇālu	మధువర్ణాలు		8#2	45
Colours of Sugarcane	ikṣu varṇāḥ	इक्षु वर्णाः	cerakuvannelu	చెరకువన్నెలు	*Saccharum officinarum* L.	7#2	41
Comfortable bed, seating	sukhaśayyāsana guṇāḥ	सुखशय्यासन गुणाः	pānpu	పాన్పు		61#1	296
Common salt	sāmudralavaṇa guṇāḥ	सामुद्रलवण गुणाः	uppu	ఉప్పు	*NaCl*	38#73	205
Common sorel	amlavetasa guṇāḥ	अम्लवेतस गुणाः	āmlavētasaṁ	ఆమ్లవేతసం	*Garcinia pedunculata* Roxb.*ex* Planch. & Triana	38#61	204

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Complications of over-exercise	ativyāyāma guṇāḥ	अतिव्यायाम गुणाः	ativyāyāmaṁ	అతివ్యాయామం		45#3	240
Conch shell-ash	śaṅkhaḥ	शङ्खः	śaṁkhaṁ	శంఖం		62#54	306
Contra indications of cold water	śītāmbuvarjyāḥ	शीताम्बुवर्ज्याः	callaninīḷḷu kūḍanivāru	చల్లనినీళ్ళు కూడనివారు		1#66	10
Contra indications to camphor	karpūra varjyāḥ	कर्पूर वर्ज्याः	karpūravarjyāḥ	కర్పూరవర్జ్యాః	*C10H16O, Cinnamomum camphora* (L.) (J. Presl)	56#25	282
Contra-indication for intake of buttermilk	takravarjyāḥ	तक्रवर्ज्याः	takravarjyālu	తక్రవర్జ్యాలు		4#12	30
Contra-indication for intake of curd	dadhivarjyāḥ	दधिवर्ज्याः	dadhivarjyālu	దధివర్జ్యాలు		3#22	27
Contra-indication for intake of milk	kṣīravarjāḥ	क्षीरवर्जाः	kṣīravarjāḥ	క్షీరవర్జాః		2#47	23
Contra-indication for meat intake	māṁsavarjyāḥ	मांसवर्ज्याः	māṁsavarjyāḥ	మాంసవర్జ్యాః		23#63	127
Contraindications for alcohol intake	madyavarjāḥ	मद्यवर्जाः	madyavarjāḥ	మద్యవర్జాః	*CH3CH2OH (or C2H6O)*	11#28	60
Contraindications for hot water	uṣṇāmbuvarjyāḥ	उष्णाम्बुवर्ज्याः	vēḍinīrutrāgakūḍanivāru	వేడినీరుత్రాగకూడనివారు		1#82	13
Contraindications for leafy vegetables	śākavarjyāḥ	शाकवर्ज्याः	śākavarjyāḥ	శాకవర్జ్యాః		24#121	141
Contra-indications for nasal medication	nasyavarjyāh	नस्य वर्ज्याः	nasyāniṣṭāḥ	నస్యానిష్టాః		42#8	234
Contraindications for oil intake	tailavarjyāḥ	तैलवर्ज्याः	tailavarjyāḥ	తైలవర్జ్యాః		9#7	52
Contraindications for refined sugar intake	śarkare varjyāḥ	शर्करे वर्ज्याः	śarkarakūḍanivāru	శర్కరకూడనివారు	$C_{12}H_{22}O_{11}$ *(Sucrose)*	7#22	43
Contraindications for Sugarcane intake	ikṣuvarjyāḥ	इक्षुवर्ज्याः	ikṣuvarjyāḥ	ఇక్షువర్జ్యాః	*Saccharum officinarum* L.	7#13	42
Contraindications of bathing	snānavarjyāḥ	स्नानवर्ज्याः	snānavarjāḥ	స్నానవర్జాః		46#14	245
Contraindications of betel quid consumption	tāmbūlavarjyāḥ	ताम्बूलवर्ज्याः	tāṁbūlavarjāḥ	తాంబూలవర్జాః	*Piper betel* L.	55#12	274
Contraindications of castor oil	airaṇḍatailavarjyāḥ	ऐरण्डतैलवर्ज्याः	airaṇḍatailavarjyāḥ	ఐరణ్డతైలవర్జ్యాః	*Ricinus communis* L.	9#12	53
Contraindications of cold water	udakavarjyāḥ	उदकवर्ज्याः	jalaṁ varjiṁcavalasinavāru	జలం వర్జించవలసినవారు		1#77	12
Contraindications to collyrium	añjana varjyāḥ	अञ्जन वर्ज्याः	aṁjanavarjyāḥ	అంజనవర్జ్యాః		41#7	231
Contra-indications to exercise	vyāyāma varjyāḥ	व्यायाम वर्ज्याः	vyāyāmavarjyāḥ	వ్యాయామవర్జ్యాః		45#2	240
Contra-indications to gargling	gaṇḍūṣavarjyāḥ	गण्डूषवर्ज्याः	gaṁḍūṣavarjyāḥ	గండూషవర్జ్యాః		43#10	236
Contra-indications to massage	mardana varjyāḥ	मर्दन वर्ज्याः	mardanavarjyāḥ	మర్దనవర్జ్యాః		45#10	241
Contraindications to oil massage	abhyaṅgavarjyāḥ	अभ्यङ्गवर्ज्याः	abhyaṁgavarjāḥ	అభ్యంగవర్జాః		46#8	244

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Contra-indications to smoke inhalation	dhūmapāna varjyāḥ	धूमपान वर्ज्याः	dhūmapānavarjyāḥ	ధూమపానవర్జ్యాః		44#3	238
Cooked bamboo rice	veṇuyavaudana guṇāḥ	वेणुयवौदन गुणाः	vedurubiyyapuvaṁṭakaṁ	వెదురుబియ్యపువంటకం	*Bambusa arundinacea* (Retz.) Willd.	17#26	82
Cooked barley	yavaudana guṇāḥ	यवौदन गुणाः	yavavaṁṭakaṁ	యవవంటకం	*Hordeum vulgare* L.	17#25	81
Cooked black rice	kṛṣṇavrīhyodana guṇāḥ	कृष्णव्रीह्योदन गुणाः	nallavarivaṁṭakaṁ	నల్లవరివంటకం	*Oriza sativa* L.	17#5	79
Cooked Food	odana vargamāha	ओदन वर्गमाह	ōdanavargaṁ (vaṁṭakālu)	ఓదనవర్గం (వంటకాలు)		17#	79
Cooked Food and Cakes	kṛtānnāpūpavarga	कृतान्नापूपवर्गः	kṛtānnāpūpavargaṁ	కృతాన్నాపూపవర్గం		20#	97
Cooked from one-year old rice grain	saṁvatsarasthitavrīhyodana guṇāḥ	संवत्सरस्थितव्रीह्योदन गुणाः	prātavarivaṁṭakaṁ	ప్రాతవరివంటకం	*Oriza sativa* L.	17#7	80
Cooked honey	pakvamadhu guṇāḥ	पक्वमधु गुणाः	kācinatēne	కాచినతేనె		8#26	48
Cooked jalakaṅgu	jalakaṅgvodana guṇāḥ	जलकङ्ग्वोदन गुणाः	golimidivaṁṭakaṁ	గొలిమిదివంటకం	*Setaria italica* (L.) P.Beauv.	17#23	81
Cooked Kaṅgu	kaṅgvodana guṇāḥ	कङ्ग्वोदन गुणाः	korravaṁṭakaṁ	కొర్రవంటకం	*Setaria italica* (L.) P.Beauv.	17#18	81
Cooked Kodrava	kodravaudana guṇāḥ	कोद्रवौदन गुणाः	ārikevaṁṭakaṁ	ఆరికెవంటకం	*Paspalum scrobiculatum* L.	17#20	81
Cooked Kumudā	kumudaudana guṇāḥ	कुमुदौदन गुणाः	allepuvaṁṭakaṁ	అల్లెపువంటకం	*Nymphaea alba* L.	17#28	82
Cooked large rice	sthūlavrīhyodana guṇāḥ	स्थूलव्रीह्योदन गुणाः	peddavarivaṁṭakaṁ	పెద్దవరివంటకం	*Oriza sativa* L.	17#2	79
Cooked nīvārā	nivāraudana guṇāḥ	निवारौदन गुणाः	dūsaribiyyapuvaṁṭakaṁ	దూసరిబియ్యపువంటకం	*Hygroryza aristata* (Nees ex Wight)	17#27	82
Cooked Priyaṅgu	priyaṅgvodana guṇāḥ	प्रियङ्ग्वोदन गुणाः	gaṁṭikorravaṁṭakaṁ	గంటికొర్రవంటకం	*Callicarpa macrophylla* Vahl.	17#19	81
Cooked Red Jawar meal	raktavarṇoddālakaudana guṇāḥ	रक्तवर्णोद्दालकौदन गुणाः	errajonnavaṁṭakaṁ	ఎర్రజొన్నవంటకం	*Sorghum bicolor* (L.) Moench	17#15	80
Cooked red rice	śoṇavrīhyodana guṇāḥ	शोणव्रीह्योदन गुणाः	erravarivaṁṭakaṁ	ఎర్రవరివంటకం	*Oriza sativa* L.	17#4	79
Cooked rice	sāmānyavrīhyodana guṇāḥ	सामान्यव्रीह्योदन गुणाः	lessavaṁṭakaṁ	లెస్సవంటకం	*Oriza sativa* L.	17#9	80
Cooked rice harvested in three and a half months	sārthatrimāsaphalita vrīhi guṇāḥ	सार्धत्रिमासफलितव्रीहि गुणाः	duganasarivaṁṭakaṁ	దుగనసరివంటకం	*Oriza sativa* L.	17#3	79
Cooked rice immersed in water	ambunikṣiptavrīhyaudana guṇāḥ	अम्बुनिक्षिप्तव्रीह्यौदन गुणाः	nīḷḷalōniluva uṁcina annaṁ guṇaṁ	నీళ్ళలోనిలువ ఉంచిన అన్నం గుణం	*Oriza sativa* L.	17#37	83
Cooked rice which is difficult to digest	gurvodana guṇāḥ	गुर्वोदन गुणाः	nanuṁbrāyivaṁṭakaṁ	ననుంబ్రాయివంటకం	*Oriza sativa* L.	17#11	80
Cooked Śyāmāka	śyāmākaudana guṇāḥ	श्यामाकौदन गुणाः	cāmavaṁṭakaṁ	చామవంటకం	*Echinochloa frumentacea* Link	17#21	81
Cooked varaka	varakaudana guṇāḥ	वरकौदन गुणाः	varagavaṁṭakaṁ	వరగవంటకం	*Vigna radiata* (L.) R. Wilczek	17#22	81
Cooked wheat grain	godhūmaudana guṇāḥ	गोधूमौदन गुणाः	gōdhūmānnaṁ	గోధూమాన్నం	*Triticum aestivum* L.	17#24	81
Coomb tree	śrīparṇī, gambhari guṇāḥ	श्रीपर्णी गुणाः	gummuḍu	గుమ్ముడు	*Gmelina arborea* Roxb.ex Sm.	38#168	216
Coomb tree	śrīparṇī, gambhari guṇāḥ	श्रीपर्णी गुणाः	śrīparṇi	శ్రీపర్ణి	*Gmelina arborea* Roxb.ex Sm.	38#172	216
Copper	tāmra guṇāḥ	ताम्र गुणाः	tāmraṁ	తామ్రం	*Cu*	53#11	263
Copper pyrites	mākṣika guṇāḥ	माक्षिक गुणाः	mākṣikaṁ	మాక్షికం	$CuFeS_2$	54#17	268

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Copper sulphate	tuttha guṇāḥ	तुत्थ गुणाः	mailatutthaṁ	మైలతుత్థం	*CuSo4*	54#21	269
Copper utensils	tāmrapātrōpayōga guṇāḥ	ताम्रपात्रोपयोग गुणाः	rāgipātra	రాగిపాత్ర	*Cu*	48#6	250
Coral	vidruma guṇāḥ	विद्रुम गुणाः	pagaḍaṁ	పగడం	*Calcium carbonate (CaCO3) skeleton*	54#4	266
Coriander	kustumburuśāka guṇāḥ	कुस्तुम्बुरुशाक गुणाः	kottimīrakūra	కొత్తిమీరకూర	*Coriandrum sativum* L.	24#32	131
Coriander	dhānyaka guṇāḥ	धान्यक गुणाः	kotimarulu	కొతిమరులు	*Coriandrum sativum* L.	38#62	204
Coriander seeds and rice gruel	dhānyakataṇḍulasaṃsiddhapeya guṇāḥ	धान्यकतण्डुलसंसिद्धपेय गुणाः	kotamarulu biyyaṁgaṁji	కొతమరులు బియ్యంగంజి	*Coriandrum sativum* L. & *Oryza sativa* L	16#11	77
Cotton mattress	kārpāsatūlajanitaṁ talpa guṇāḥ	कार्पासतूलजनितं तल्प गुणाः	dūdiparapu	దూదిపరపు	*Gossypium arboreum* L.	61#7	297
Cotton seeds smoke	kārpāsabījadhūpa guṇāḥ	कार्पासबीजधूप गुणाः	prattiginjadhūpaṁ	ప్రత్తిగింజధూపం	*Gossypium arboreum* L.	49#24	255
Couch	paryanka guṇāḥ	पर्यङ्क गुणाः	paṭṭemaṁcaṁ	పట్టెమంచం		61#2	296
Country mallow	balā guṇāḥ	बला गुणाः	muttuvapulugaṁ	ముత్తువపులుగం	*Sida cordifolia* L.	38#143	213
Country mallow and rice gruel	balātaṇḍulasaṁsiddha peya guṇāḥ	बलातण्डुलसंसिद्धपेय गुणाः	muttuvapulugaṁ biyyaṁgaṁji	ముత్తువపులుగం బియ్యంగంజి	*Sida cordifolia* L. & *Oryza sativa* L.	16#12	77
Country mallow gruel-1	balādhānyakataṇḍulasaṁsiddha peya guṇāḥ	बलाधान्यकतण्डुलसंसिद्धा पेय गुणाः	balādipēya	బలాదిపేయ	*Sida cordifolia* L.	16#13	77
Country mallow gruiel-2	balādhānyakaviśvataṇḍula peya guṇāḥ	बलाधान्यकविश्वतण्डुल पेय गुणाः	anyadbalādipēya	అన్యద్బలాదిపేయ	*Sida cordifolia* L.	16#14	77
Cow Buttermilk	gavyatakra guṇāḥ	गव्यतक्रगुणाः	āvucalla	ఆవుచల్ల	*Bos indicus,* Linnaeus, 1758	4#2	28
Cow dung	goviṭ guṇāḥ	गोविट् गुणाः	āvupeṁḍa	ఆవుపెండ	*Bos indicus,* Linnaeus, 1758	13#1	63
Cow ghee	goghṛta guṇāḥ	गोघृत गुणाः	āvunēyi	ఆవునేయి	*Bos indicus,* Linnaeus, 1758	6#2	37
Cow meat, beef	gomāṁsa guṇāḥ	गोमांस गुणाः	gōmāṁsaṁ	గోమాంసం	*Bos indicus,* Linnaeus, 1758	21#28	107
Cow milk	gavyapayaḥ	गव्यपयः	āvupālu	ఆవుపాలు	*Bos indicus,* Linnaeus, 1758	2#2	15
Cow milk based on age	vayobhedena gopayoguṇāḥ	वयोभेदेन गोपयोगुणाः	gōpayōguṇāḥ	గోపయోగుణాः	*Bos indicus,* Linnaeus, 1758	2#12	16
Cow milk butter	gavya navanītaguṇāḥ	गव्य नवनीतगुणाः	āvuvenna	ఆవువెన్న	*Bos indicus,* Linnaeus, 1758	5#5	35
Cow milk curd	gavya dadhi guṇāḥ	गव्य दधि गुणाः	āvuperugu	ఆవుపెరుగు	*Bos indicus* Linnaeus, 1758	3#4	24
Cow urine	gomūtraguṇāḥ	गोमूत्रगुणाः	gōmūtraṁ	గోమూత్రం	*Bos indicus,* Linnaeus, 1758	12#2	61
Cow, ox ride	goyāna, vṛṣabhayāna guṇāḥ	गोयान, वृषभयान गुणाः	eddunekkuṭa	ఎద్దునెక్కుట	*Bos indicus,* Linnaeus, 1758	59#6	293
Cowpea	rājamāṣa guṇāḥ	राजमाष गुणाः	alasaṁdalu	అలసందలు	*Vigna unguiculata* (L.) Walp.	15#20	71
Cowpea	rājamāṣaśāka guṇāḥ	राजमाषशाक गुणाः	āsamdakūra	ఆసమ్డకూర	*Vigna unguiculata* (L.) Walp. *Or Vigna vexillata* (L.) A. Rich.	24#47	133
Cowpea pods	niṣpāvaśimbīphala guṇāḥ	निष्पावशिम्बीफल गुणाः	ānapa cikkuḍukāya	ఆనప చిక్కుడుకాయ	*Vigna unguiculata* (L.) Walp. *Or Vigna vexillata* (L.) A. Rich.	27#42	153
Crab meat	kulīramāṁsa guṇāḥ	कुलीरमांस गुणाः	yaṁdrakāya	యండ్రకాయ	*Scylla serrata (*Forskål, 1775*)*	23#30	122

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Crab's claw	karkāṭakaśṛṅgi guṇāḥ	कर्काटकश्रृङ्गि गुणाः	karkāṭaśṛṅgi	కర్కాటశృంగి	*Pistacia integerrima* J.L.Stewart ex Brandis	38#75	205
Creamy layer on curd	dadhi santānikā guṇāḥ	दधि सन्तानिका गुणाः	perugu mīdi mīgaḍa	పెరుగు మీది మిగడ		3#3	24
Creamy layer on curd	dadhisāra guṇāḥ	दधिसार गुणाः	perugumīdi mīgaḍa	పెరుగుమీది మిగడ		3#13	26
Crepe ginger	kuṣṭha guṇāḥ	कुष्ठ गुणाः	caṁgalvakōṣṭu	చంగల్వకోష్టు	*Costus speciosus* (J. König) Sm.	38#35	201
Crepe ginger smoke	kuṣṭhādidhūpa guṇāḥ	कुष्ठादिधूप गुणाः	kuṣṭhādidhūpaṁ	కుష్ఠాదిధూపం	*Costus speciosus* (J. König) Sm.	49#13	254
Crepe ginger smoke	koṣṭhudhūpa guṇāḥ	कोष्ठुधूप गुणाः	kōṣṭudhhūpaṁ	కోష్టుధ్ధూపం	*Costus speciosus* (J. König) Sm.	49#16	254
Crocodile fish	śiṁśumāramāṁsa guṇāḥ	शिंशुमारमांस गुणाः	mosali	మొసలి	*Crocodylus palustris Lesson, 1831*	23#28	122
Crow meat	kākamāṁsa guṇāḥ	काकमांस गुणाः	kākimāṁsaṁ	కాకిమాంసం	*Corvus splendens Vieillot, 1817*	22#40	116
Cuckoo meat	kokilamāṁsa guṇāḥ	कोकिलमांस गुणाः	kōkilamāṁsaṁ	కోకిలమాంసం	*Cuculus micropterus* Gould, 1838	22#32	115
Cucumber	trapusaphala guṇāḥ	त्रपुसफल गुणाः	dōsakāya	దోసకాయ	*Cucumis sativus* Linn	27#10	149
Cucumber	trapusaphala guṇāḥ	त्रपुसाफल गुणाः	dōsapaṁḍu	దోసపండు	*Cucumis sativus* Linn	37#47	189
Cucumber pickle	trapusā haritaka guṇāḥ	त्रपुसा हरितक गुणाः	dōsakāyapaccaḍi	దోసకాయపచ్చడి	*Cucumis sativus* Linn	32#19	168
Cucumis	trapusorvāruśāka guṇāḥ	त्रपुसोर्वारुशाक गुणाः	muludōsakūra	ములుదోసకూర	*Cucumis melo* L. *var. momordica* Duthie & Fuller.	24#30	131
Cumbi-gum tree	samudrakāñcī guṇāḥ	समुद्रकाञ्ची गुणाः	garagamuḍi	గరగముడి	*Gardenia gummifera* L.f,	38#97	208
Cumin	jīraka guṇāḥ	जीरक गुणाः	jīlakarra	జీలకర్ర	*Cuminum cyminum* Linn.	38#40	201
Curd	sāmānyadadhiguṇāḥ	सामान्यदधिगुणाः	perugu sādhāraṇa guṇālu	పెరుగు సాధారణ గుణాలు		3#1	24
Curd devoid of fat	vinānavanītadadhiguṇāḥ	विनानवनीतदधिगुणाः	mīgaḍadīsinaperugu	మిగడదీసినపెరుగు		3#14	26
Curd group	dadhivarga	दधिवर्ग	dadhivargaṁ	దధివర్గం		3#	24
Dabra	pṛśniparṇī guṇāḥ	पृश्निपर्णी गुणाः	kōlaponna	కోలపొన్న	*Uraria picta (Jacq.) Desv.*	38#140	212
Ḍālaṃ type of honey	ḍāla lakṣaṇaṃ	डाल लक्षणं	ḍālaṁ	డాలం		8#23	48
Daṇḍāhatam buttermilk (1 part curd, 2 parts water)	daṇḍāhataguṇāḥ	दण्डाहतगुणाः	daṇḍāhataṁ	దణ్డాహతం		4#27	33
Darkness	timiraṃ	तिमिरम्	cīkaṭi	చీకటి		62#30	303
Daśāṅgadhūpa	daśāṅgadhūpa guṇāḥ	दशाङ्गधूप गुणाः	daśāṁgadhūpaṁ	దశాంగధూపం		49#12	253
Date palm and other inflorescence	kharjūrādivṛkṣasya puṣpa guṇāḥ	खर्जूरादिवृक्षस्यपुष्प गुणाः	kharjūrādipuṣpālu	ఖర్జూరాదిపుష్పాలు	*Phoenix sylvestris* (L.) Roxb..	26#18	146
Date palm foliage fan	kharjūrapatravyajana guṇāḥ	खर्जूरपत्रव्यजन गुणाः	kharjūrapuvisanakarra	ఖర్జూరపువిసనకఱ్ఱ	*Phoenix sylvestris* (L.) Roxb..	50#12	257
Dates	kharjūraphala guṇāḥ	खर्जूरफल गुणाः	kharjūrapupaṁḍlu	ఖర్జూరపుపండ్లు	*Phoenix dactylifera* Linn	37#24	186
Dates toddy	kharjūramadyaguṇāḥ	खर्जूरमद्यगुणाः	kharjūramadyaṁ	ఖర్జూరమద్యం	*Phoenix sylvestris* (L.) Roxb..	11#13	58

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Day routine	atha dinacaryāmāha	अथ दिनचर्यामाह	dinacarya	దినచర్య		39#	227
Deep massage	saṁhanana guṇāḥ	संहनन गुणाः	saṁvahanaṁ	సంవహనం		45#9	241
Deep wells, puddles, and large wells fish	vāpi śauṇḍī dīrghikā matsyamāṁsa guṇāḥ	वापीशौण्डीदीर्घिकामत्स्यमांस गुणाः	bāvimīlu	బావిమీలు		23#6	119
Deer meat	aiṇamāṁsa guṇāḥ	ऐणमांस गुणाः	erripōtumāṁsaṁ	ఎర్రిపోతుమాంసం	*Axis axis (Erxleben, 1777)*	21#14	104
Deer meat	aiṇamāṁsa guṇāḥ	ऐणमांस गुणाः	lēḍimāṁsaṁ	లేడిమాంసం	*Axis axis (Erxleben, 1777)*	21#16	104
Description of Rasāñjana	rasāñjana vivaraṇa	रसाञ्जन विवरण	rasāṁjanaṁ	రసాంజనం		41#6	231
Desert date	garīphala guṇāḥ	गरीफल गुणाः	gargukāya	గర్గుకాయ	*Balanites aegyptica* (L.) Delile	36#6	177
Desert date	iṅgudīphala guṇāḥ	इङ्गुदीफल गुणाः	gārapaṁḍu	గారపండు	*Balanites aegyptica* (L.) Delile	37#69	192
Dessert date	iṅgudī guṇāḥ	इङ्गुदी गुणाः	gāra	గార	*Balanites aegyptica* (L.) Delile	38#262	225
Determination of eatables	bhakṣyanirṇayaḥ	भक्ष्यनिर्णयः	bhakṣyanirṇayaṁ	భక్ష్యనిర్ణయం		20#33	101
Dhamasa	durālābha guṇāḥ	दुरालभ गुणाः	rēgaḍidūla	రేగడిదూల	*Fagonia arabica* L.	38#105	209
Dhūmikā bird meat	dhūmikāmāṁsa guṇāḥ	धूमिकामांस गुणाः	pekulukamāṁsaṁ	పెకులుకమాంసం		22#48	116
Diamond	vajra guṇāḥ	वज्र गुणाः	vajraṁ	వజ్రం	*Solid form of the element carbon with its atoms arranged in a crystal structure called diamond cubic*	54#7	267
Dishes made from old rice	baddhānna guṇāḥ	बद्धान्न गुणाः	prātavaṁṭakaṁ	ప్రాతవంటకం		17#51	85
Divine jasmine	devamallikā guṇāḥ	देवमल्लिका गुणाः	maruvaṁ	మరువం	*Origanum vulgare* L.	56#16	280
Dolichos bean Dolichos bean	niṣpāva guṇāḥniṣpāva guṇāḥ	निष्पाव गुणाःनिष्पाव गुणाः	anumulu	అనుములు	*Lablab purpureus* (L.) Sweet	15#30	73
Domba (Punnāga) oil	punnāgatailaguṇāḥ	पुन्नागतैलगुणाः	ponnanūne	పొన్ననూనె	*Calophyllum inophyllum* L.	9#26	55
Domestic hen meat	kukkuṭamāṁsa guṇāḥ	कुक्कुटमांस गुणाः	kōḍimāṁsaṁ	కోడిమాంసం	*Gallus gallus domesticus* (Linnaeus, 1758)	22#19	113
Domestic lizard meat	gṛhagodhāmāṁsa guṇāḥ	गृहगोधामांस गुणाः	ballimāṁsaṁ	బల్లిమాంసం	*Hemidactylus frenatus Schlegel, 1836*	21#61	110
Domestic rat meat	mūṣikamāṁsa guṇāḥ	मूषिकमांस गुणाः	iṁṭiyelukamāṁsaṁ	ఇంటియెలుకమాంసం	*Rattus norvegicus domestica* (Berkenhout, 1769)	21#55	109
Domestic sparrow, male sparrow meat	veśmakuliṅga evaṃ puṃścaṭaka māṃsa guṇāḥ	वेश्मकुलिङ्ग एवं पुंश्चटक मांस गुणाः			*Passer domesticus indicus* (Jardine & Selby, 1831)	22#37	115
Donkey ride	kharayāna guṇāḥ	खरयान गुणाः	gāḍidanekkuṭa	గాడిదనెక్కుట	*Equus asinus asinus*	59#10	294
Donkey urine	kharajamūtraguṇāḥ	खरजमूत्रगुणाः	gāḍidamūtraṁ	గాడిదమూత్రం	*Equus asinus asinus*	12#9	62
Dosa	hrasvāpūpavikāra guṇāḥ	ह्रस्वापूपविकार गुणाः	dōśalu	దోశలు		18#18	91
Dried African egg fruit	bṛhatīdvayasya śuṣkaphala guṇāḥ	बृहतीद्वयस्य शुष्कफल गुणाः	mulakavākuḍuvargu	ములకవాకుడువర్గు	*Solanum anguivi* Lam.	33#5	170
Dried bringal	vārtakasya śuṣkaphala guṇāḥ	वार्तकस्यशुष्कफल गुणाः	vaṁgavargugu	వంగవర్గుగు	*Solanum melongena* L.	33#6	170

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Dried Ceylon Caper	huṅkārasyaśuṣkaphala guṇāḥ	हुङ्कारस्य शुष्कफल गुणाः	ādoṁḍavargu	ఆదొండవర్గు	*Capparis zeylanica* L.	33#2	170
Dried Emblic myrobalan	śuṣkadhātrī phala guṇāḥ	शुष्क धात्री फल गुणाः	uśirakapappu	ఉశిరకపప్పు	*Phyllanthus emblica* L.	38#4	197
Dried fruit of bitter gourd	kāravallyasya śuṣkaphala guṇāḥ	कारवल्ल्यस्य शुष्कफल गुणाः	kākaravargu	కాకరవర్గు	*Momordica charantia* L.	33#4	170
Dried fruits, vegetable gropu	śuṣkaphala vargaḥ	शुष्कफल वर्गः	śuṣkaphalavargaṁ	శుష్కఫలవర్గం		33#	170
Dried lemon cucumber	ciḍbilasyaśuṣkaphala guṇāḥ	चिड्बिलस्यशुष्कफल गुणाः	buḍamavargu	బుడమవర్గు		33#1	170
Dried meat	śuṣkamāṁsa guṇāḥ	शुष्कमांस गुणाः	eṁḍinamāṁsaṁ	ఎండినమాంసం		23#53	126
Dried Spanish cherry	kāsarākhyasyaśuṣkaphala guṇāḥ	कासराख्यस्यशुष्कफल गुणाः	kāsaravargu	కాసరవర్గు	*Mimusops elengi* L	33#3	170
Dried sweet acacia fruit	śvetārimedasya śuṣkaphala guṇāḥ	श्वेतारिमेदस्य शुष्कफल गुणाः	tummavarugu	తుమ్మవరుగు	*Acacia farnesiana* (L.) Willd	33#7	170
Dried white catechu tree fruit	śamīvṛkṣasya śuṣkaphala guṇāḥ	शमीवृक्षस्य शुष्कफल गुणाः	jammivargugu	జమ్మివర్గుగు	*Prosopis cineraria* (L.) Druce	33#8	170
Droṇapuṣpi	vaikuṇṭha evaṁ kutumbaka śāka guṇāḥ	वैकुण्ठं एवं कुतुम्भक शाक गुणाः	tummikūra	తుమ్మికూర	L*eucas cephalotes (Roth)* Koch	24#31	131
Drumstick flower-1	śobhāñjanapuṣpa guṇāḥ	शोभाञ्जनपुष्प गुणाः	munugapuvvulu	మునుగపువ్వులు	*Moringa oleifera* Lam	26#3	145
Drumstick flower-2	śigrupuṣpa guṇāḥ	शिग्रुपुष्प गुणाः	kārumunugapuvvulu	కారుమునుగపువ్వులు	*Moringa oleifera* Lam	26#4	145
Drumstick pod	gṛñjanasya phala guṇāḥ	गृञ्जनस्य फल गुणाः	munugakāya	మునుగకాయ	*Moringa oleifera* Lam	27#48	153
Dry fish	śuṣkamatsyamāṁsa guṇāḥ	शुष्कमत्स्यमांस गुणाः	eṁḍumīlu	ఎండుమీలు		23#39	123
Dry Fish powder	śuṣkamatsyacūrṇa guṇāḥ	शुष्कमत्स्यचूर्ण गुणाः	mīlapoḍi	మీలపొడి		23#55	126
Dry food	rūkṣānnaguṇāḥ	रूक्षान्नगुणाः	vaṭṭivaṁṭakaṁ	వట్టివంటకం		17#53	85
Dry ginger	śuṇṭhī guṇāḥ	शुण्ठी गुणाः	śoṁṭhi	శొంఠి	*Zingiber officinale* Roscoe	38#8	197
Dry ginger collected from western mountain range	malayaśuṇṭhī guṇāḥ	मलयशुण्ठी गुणाः	malayaśoṁṭhi	మలయశొంఠి	*Zingiber officinale* Roscoe	38#9	197
Dry ginger gruel	nāgarādipeya guṇāḥ	नागरादिपेय गुणाः	nāgarādipēya	నాగరాదిపేయ	*Zingiber officinale* Roscoe	16#16	78
Dry ginger-jaggery morsel	śuṇṭhī-guḍa-piṇḍaḥ	शुण्ठी-गुड-पिण्डः	kāyaṁ	కాయం	*Zingiber officinale* Roscoe	62#12	300
Dumplings	modaka guṇāḥ	मोदक गुणाः	uṁḍrālu	ఉండ్రాలు		18#21	91
Duration of wearing flowers	puṣpabhogapramāṇa	पुष्पभोगप्रमाणम्	puṣpadhāraṇakālaṁ	పుష్పధారణకాలం		57#1	283
Dwarf bitter gourd	vāmanakāravallīphala guṇāḥ	वामनकारवल्लीफल गुणाः	poṭṭikākarakāya	పొట్టికాకరకాయ	*Momordica charantia* L.	27#30	151
Dwarf variety of snake gourd	hrasvapaṭolaphala guṇāḥ	ह्रस्वपटोलफल गुणाः	poṭṭipoṭlakāya	పొట్టిపొట్లకాయ	*Trichosanthes cucumerina* L.	27#22	150
Eagle meat	gṛdhramāṁsa guṇāḥ	गृध्रमांस गुणाः	gaddamāṁsaṁ	గద్దమాంసం	*Clanga hastata (*Lesson, *1831)*	22#38	115
Early morning bath	prātaḥ snānaguṇāḥ	प्रातः स्नानगुणाः	prātaḥsnānaṁ	ప్రాతఃస్నానం		46#13	245
Earrings	karṇābharaṇa guṇāḥ	कर्णाभरण गुणाः	pōgulu	పోగులు		58#3	291
Earrings and finger-rings studded with nine gemstones	navagraha karṇābharaṇa, mudrikā guṇāḥ	नवग्रह कर्णाभरण, मुद्रिका गुणाः	navagrahapōgulu	నవగ్రహపోగులు		58#4	291

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East India rose bay	nandyāvarta guṇāḥ	नन्द्यावर्त गुणाः	naṁdyāvartaṁ	నంద్యావర్తం	*Tabernaemontana divaricata* (L.) R.Br. ex Roem. & Schult.	38#263	225
East India rose bay	nandyāvartapuṣpa guṇāḥ	नन्द्यावर्तपुष्प गुणाः	naṁdivardhanaṁ	నందివర్ధనం	*Tabernaemontana divaricata* (L.) R.Br. ex Roem. & Schult.	57#33	288
East Indian globe thistle	jalamuṇḍīśāka guṇāḥ	जलमुण्डीशाक गुणाः	nīrubōḍatarapukūra	నీరుబోడతరపుకూర	*Sphaeranthus indicus* Linn	24#89	138
East Indian globe- thistle pickle	muṇḍī haritaka guṇāḥ	मुण्डी हरितक गुणाः	bōḍatarapupaccaḍi	బోడతరపుపచ్చడి	*Sphaeranthus hirtus* Willd.	32#11	167
Eastern wind	prāgvātaṃ	प्राग्वातम्	tūrpugālu	తూర్పుగాలు		62#18	301
Eatables made from all varieties of jowar	sarvoddālakodana guṇāḥ	सर्वोद्दालकौदन गुणाः	sarvamainajonnavaṁṭakālu	సర్వమైనజొన్నవంటకాలు	*Paspalum scrobiculatum* L.	17#17	81
Eatables processed in ghee	ghṛtapakvaśaṣkulī guṇāḥ	घृतपक्वशष्कुली गुणाः	nētitōvaṁḍinacakkilālu	నేతితోవండినచక్కిలాలు		20#14	99
Eatables processed in oil	tailapakvaśaṣkulī guṇāḥ	तैलपक्वशष्कुली गुणाः	nūnetōvaṁḍinacakkilālu	నూనెతోవండినచక్కిలాలు		20#13	99
Edible sesame confection -tila modaka	tila modaka guṇāḥ	तिल मोदक गुणाः	nuvvumōruṁḍalu	నువ్వుమోరుండలు		20#12	99
Edibles made with flour of black gram etc	māṣācūrṇādivikāra guṇāḥ	माषचूर्णादिविकार गुणाः	iḍḍēnakuḍumulu	ఇడ్డెనకుడుములు		18#20	91
Edibles made with steamed flour	piṣṭapiṇḍa	पिष्टपिण्ड	jaṁtikelu	జంతికెలు		18#22	91
Edibles made with sugar, long pepper			maṇuṁgubuvulu	మణుంగుబువులు		18#19	91
Effect of consuming animal excreta	sarvajantu viḍ	सर्वजन्तु विड्	ellaladdulu	ఎల్లలద్దులు		13#9	63
Effect of medicated oil massage	tailābhyaṅga guṇāḥ	तैलाभ्यङ्ग गुणाः	nūne aṁṭukonuṭa	నూనె అంటుకొనుట		46#3	243
Egyptian lotus	raktotpalapuṣpa guṇāḥ	रक्तोत्पलपुष्प गुणाः	caṁgalva	చంగల్వ	*Nymphaea nouchali* Burm.f.	57#8	284
Egyptian riverhemp	somajaṃphalam	सोमजम् फलम्	sōmiṁdakāya	సోమిందకాయ	*Sesbania sesban* (L.) Merr.	27#83	157
Eight hand-stick	pāṭhāntare	पाठान्तरे				62#*	298
Eight types of Mākṣika	mākṣikāṣṭabhedāḥ	माक्षिकाष्टभेदाः				8#*	47
Elephant buttermilk	kareṇutakra guṇāḥ	करेणुतक्र गुणाः	ēnugucalla	ఏనుగుచల్ల	*Elephas maximus indicus* Cuvier, 1798	4#9	29
Elephant dung	hastiśakṛd	अस्तिशकृद्	ēnuguladdi	ఏనుగులద్ది	*Elephas maximus indicus* Cuvier, 1798	13#5	63
Elephant foot yam flour	sūraṇapiṣṭa guṇāḥ	सूरणपिष्ट गुणाः	kaṁdapiṁḍi	కందపిండి	*Amorphophallus paeoniifolius* (Dennst.) Nicolson	35#2	175
Elephant foot yam fryums	sūraṇādivaṭaka guṇāḥ	सूरणादिवटक गुणाः	kaṁdavaḍiyālu	కందవడియాలు	*Amorphophallus paeoniifolius* (Dennst.) Nicolson	34#2	172

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Elephant foot yam stem	sūraṇanāla guṇāḥ	सूरणनाल गुणाः	kaṁdakāma	కందకామ	*Amorphophallus paeoniifolius* (Dennst.) Nicolson	29#3	160
Elephant ghee	hastinī ghṛtaguṇāḥ	हस्तिनी घृतगुणाः	ēnugunēyi	ఏనుగునేయి	*Elephas maximus indicus* Cuvier, 1798	6#8	38
Elephant meat	vāraṇamāṁsa guṇāḥ	वारणंमांस गुणाः	ēnugumāṁsaṁ	ఏనుగుమాంసం	*Elephas maximus indicus* Cuvier, 1798	21#35	107
Elephant milk butter	gajottha navanītaguṇāḥ	गजोत्थ नवनीतगुणाः	ēnuguvenna	ఏనుగువెన్న	*Elephas maximus indicus* Cuvier, 1798	5#9	36
Elephant milk curd	hastinī dadhi guṇāḥ	हस्तिनी दधि गुणाः	ēnuguperugu	ఏనుగుపెరుగు	*Elephas maximus indicus* Cuvier, 1798	3#9	26
Elephant ride	hastyadhirohaṇa guṇāḥ	हस्त्याधिरोहण गुणाः	ēnugunekkuṭa	ఏనుగునెక్కుట	*Elephas maximus indicus* Cuvier, 1798	59#3	293
Elephant urine	hastisamudhbhūtamūtraguṇāḥ	हस्तिसमुद्भूतमूत्रगुणाः	ēnugumūtraṁ	ఏనుగుమూత్రం	*Elephas maximus indicus* Cuvier, 1798	12#6	61
Elephant's milk	hastinyā kṣīraṃ	हस्तिन्या क्षीरं	ēnugupālu	ఏనుగుపాలు	*Elephas maximus,* Linnaeus, 1758	2#22	18
Emblic myrobalan	āmalaka guṇāḥ	आमलक गुणाः	uśirikakāya	ఉశిరికకాయ	*Phyllanthus emblica* L.	38#2	196
Emerald	tārkṣya guṇāḥ	तार्क्ष्य गुणाः	tārkṣyaṁ	తార్క్ష్యం	*Be3Al2(SiO3)6*	54#6	266
Emetic nut	madana guṇāḥ	मदन गुणाः	maṁgapaṁḍu	మంగపండు	*Randia dumetorum* (Retz.) Lam.	38#175	216
Emetic nut fruit	madanaphalam	मदनफलम्	maṁgakāya	మంగకాయ	*Randia dumetorum* (Retz.) Lam.	27#72	156
English yew leaf	tālisapatra guṇāḥ	तालिसपत्र गुणाः	tālīsapatraṁ	తాలీసపత్రం	*Taxus wallichiana* Zucc.	38#25	200
Examination of rainwater	gaṅgodakaparīkṣā	गङ्गोदकपरीक्षा	gaṁgōdakaparīkṣā	గంగోదకపరీక్షా		1#5	2
Examination of water	udaka parīkṣā	उदक परीक्षा	nīṭiparīkṣa	నీటిపరీక్ష		1#81	13
Excess intake of betel quid	tāmbūlātisevana guṇāḥ	ताम्बूलातिसेवन गुणाः	adhikatāṁbūladōṣalu	అధికతాంబూలదోషలు	*Piper betel* L.	55#14	274
Excessive water intake	jala-atiyogaguṇāḥ	जलातियोगगुणाः	nīḷḷu mitimīri trāgaṭaṁ	నీళ్ళు మితిమీరి త్రాగటం		1#71	11
Excessive water intake	adhikāmbupānaguṇāḥ	अधिकाम्बुपानगुणाः	ekkuvanīḷḷu trāgaṭaṁ	ఎక్కువనీళ్ళు త్రాగటం		1#72	11
Excessively churned buttermilk	ati milita takraṃ	अति मिलित तक्रं	atimilitaṁ	అతిమిలితం		4#29	34
Exercise	vyāyāma guṇāḥ	व्यायाम गुणाः	vyāyāmaṁ	వ్యాయామం		45#1	240
Exercise group	atha vyāyāmādivargaḥ	अथ व्यायामादिवर्गः	vyāyāmādivargaṁ	వ్యాయామాదివర్గం		45#	240
Extremely sour curd	vyaktāmla dadhi guṇāḥ	व्यक्ताम्ल दधि गुणाः	migulapuliśinaperugu	మిగులపులిశినపెరుగు		3#20	27
Eye-Care	netrarakṣā	नेत्ररक्षा	nētrarakṣa	నేత్రరక్ష		41#8	232
False black pepper	viḍaṅga guṇāḥ	विडङ्ग गुणाः	viḍaṁgālu	విడంగాలు	*Embelia ribes* Burm.f.	38#29	200
False black pepper	viḍaṅga guṇāḥ	विलङ्ग/ विडङ्ग गुणाः	viḍaṁgālu	విడంగాలు	*Embelia ribes* Burm.f.	38#60	204

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False calumba Tree turmeric flower	kāleyakakusuma guṇāḥ	कालेयककुसुम गुणाः	paccāku	పచ్చాకు	*Coscinium fenestratum* (Gaertn.) Colebr.	57#23	287
False daisy	bhṛṅgarāja guṇāḥ	भृङ्गराज गुणाः	guṁṭagalagara	గుంటగలగర	*Eclipta prostrata* (L.) L.	38#199	219
False daisy	bhṛṅgarāja	भृङ्गराज	guṁṭagalagara	గుంటగలగర	*Eclipta prostrata* (L.) L.	62#17	301
False kalumba	kalāyaśāka guṇāḥ	कलायशाक गुणाः	śaṁgakūra	శంగకూర	*Coscinium fenestratum* (Gaertn.) Colebr.	24#37	132
Fanning with fly whisk	vālavyajana guṇāḥ	वालव्यजन गुणाः	kuṁda	కుంద		50#7	256
Fat/ Ghee derived from fish meat	matsyamāṁsodbhavasarpi guṇāḥ	मत्स्यमांसोद्भवसर्पि गुणाः	mīlaneyyi	మీలనెయ్యి		23#57	126
Female deer meat	hariṇamāṁsa guṇāḥ	हरिणमांस गुणाः	peṁṭierrimāṁsaṁ	పెంటిఎర్రిమాంసం	*Axis axis (Erxleben, 1777)*	21#15	104
Female rat meat	lopākamāṁsa guṇāḥ	लोपाकमांस गुणाः	āḍayelukamāṁsaṁ	ఆడయెలుకమాంసం	*Rattus norvegicus domestica* (Berkenhout, 1769)	21#56	109
Fennel	ajājiśāka guṇāḥ	अजाजिशाक गुणाः	jīlakarrakūra	జీలకర్రకూర	*Foeniculum vulgare* Mill.	24#35	132
Fenugreek leaf curry	mentiśāka guṇāḥ	मेन्तिशाक गुणाः	meṁtikūra	మెంతికూర	*Trigonella foenum-graecum* L.	24#119	141
Fermented decoctions	ariṣṭaguṇāḥ	अरिष्टगुणाः	ariṣṭaṁ	అరిష్టం	*CH3CH2OH (or C2H6O)*	11#20	59
Fermented grain gargle	dhānyāmla gaṇḍūṣa guṇāḥ	धान्याम्ल गण्डूष गुणाः	dhānyāmlagaṁḍūṣaṁ	ధాన్యామ్లగండూషం		43#7	236
Fermented infusion	ariṣṭaguṇāḥ	अरिष्टगुणाः	āsavaṁ	ఆసవం	*CH3CH2OH (or C2H6O)*	11#21	59
Fermented meat soup	sāmlamāṁsarasa guṇāḥ	साम्लमांसरस गुणाः	pullanimāṁsarasaṁ	పుల్లనిమాంసరసం		23#51	125
Fermented sour curd	dadhyamlaṃ guṇāḥ	दध्यम्लं गुणाः	tarakaḍaṁpeṭṭina perugu	తరకడంపెట్టిన పెరుగు		3#17	27
Fermented, Sour gruel gropu	khalavargaḥḥ	खलवर्गः	khalavargaṁ	ఖలవర్గం		28#	158
Ferrous sulphate/ green vitriol	kāsīsa guṇāḥ	कासीस गुणाः	kāsisaṁ, kāsīsa	కాసిసం, కాసీస	*FeSo4*	54#24	270
Fever nut	kuberākṣiśāka evaṁ tasya mūla guṇāḥ	कुबेराक्षिमूल गुणाः	gaccakūra	గచ్చకూర	*Caesalpinia bonduc* (L.) Roxb..	24#75	136
Fever nut tender leaf gruel	yakṣadṛkpallavopetapeya guṇāḥ	यक्षदृक्पल्लवोपेतपेय गुणाः	gaccayiguḷḷagaṁji	గచ్చయిగుళ్లగంజి	*Caesalpinia bonduc* (L.) Roxb..	16#17	78
Finely minced and well processed meat	saṁskṛtasusūkṣmamāṁsa guṇāḥ	संस्कृतसुसूक्ष्ममांस गुणाः	sannaviḍimāṁsaṁ	సన్నవిడిమాంసం		23#48	125
Finger-ring	aṅgulīyaka dhāraṇa guṇāḥ	अङ्गुलीयक धारण गुणाः	uṁgaraṁ	ఉంగరం		58#5	292
Fire	agni	अग्निः	agni	అగ్ని		62#26	302
Fish egg shaped sugar	matsyaṇḍikāguṇāḥ	मत्स्यण्डिकागुणाः	matsyaṁḍika	మత్స్యండిక	$C_{12}H_{22}O_{11}$ *(Sucrose)*	7#18	43
Fish from streams or water falls	taṭākavannirjharaja matsya māṁsa guṇāḥ	तटाकवन्निर्झरजमत्स्यमांस गुणाः				23#5	119
Fish Meat Group	matsyavargaḥ	मत्स्यवर्गः	matsyavargaṁ	మత్స్యవర్గం		23#	119
Fish to be consumed in different seasons	ṛtvanusāra matsyasevanavidhiḥ	ऋत्वनुसार मत्स्यसेवनविधिः	ṣaḍṛtuvulaṁdu sēviṁcē mīlu	షడృతువులందు సేవించే మీలు		23#7	120

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Fish which resembles the seed of pumpkin	kūṣmāṇḍa bīja sadṛśa matsyamāṁsa guṇāḥ	कूष्माण्डबीजसदृशमत्स्यमांस गुणाः	parikimīlu	పరికిమీలు		23#13	120
Five fruit essence	pañcasārapānakaguṇāḥ	पञ्चसारपानकगुणाः	paṁcasārapānakaṁ	పంచసారపానకం		20#7	98
Five leaved chaste	nirguṇḍī guṇāḥ	निर्गुण्डी गुणाः	vāvili	వావిలి	*Vitex negundo* L.	38#226	221
Five Major Roots	mahatpañcamūla guṇāḥ	महत्पञ्चमूल गुणाः	mahatpaṁcamūlaṁ	మహత్పంచమూలం		38#132	211
Five parts of Tanner's Cassia	ākulīpañcaka guṇāḥ	आकुलीपञ्चक गुणाः	taṁgēḍupaṁcakaṁ	తంగేడుపంచకం		38#160	215
Five spice gruel	pañcakolaśṛtapeya guṇāḥ	पञ्चकोलश्रृतपेय गुणाः	paṁcakōlapēya	పంచకోలపేయ		16#18	78
Five-leaved chaste tree leaves	nirguṇḍīśāka guṇāḥ	निर्गुण्डीशाक गुणाः	vāvilikūra	వావిలికూర	*Vitex negundo* L.	24#115	141
Flame lilly	lāṅgalī guṇāḥ	लाङ्गली गुणाः	pottiduṁpa	పొత్తిదుంప	*Gloriosa superba* L.	38#214	220
Flame of the forest	palāśa guṇāḥ	पलाश गुणाः	mōdugu	మోదుగు	*Butea monosperma* (Lam.) Taub.	38#182	217
Flame of the forest seeds	palāśabīja guṇāḥ	पलाशबीज गुणाः	mōdugugiṁjalu	మోదుగుగింజలు	*Butea monosperma* (Lam.) Taub.	38#183	217
Flat beans and others	niṣpāvādiśāka guṇāḥ	निष्पावादिशाक गुणाः	niṣpāvādiśākaṁ	నిష్పావాదిశాకం	L*ablab purpureus* (L.) Sweet. *Synonym Dolichos lablab*	24#48	133
Flavours, condiments	sugandhadravyavargaḥ	सुगन्धद्रव्यवर्गः	sugandhadravyavargaṁ	సుగన్ధద్రవ్యవర్గం		56#	277
Flea tree	śirīṣa guṇāḥ	शिरीष गुणाः	diriśa	దిరిశ	*Albizia lebbeck* (L.) Benth.	38#244	223
Flour made from the dried Indian-goose berry	śuṣkāmalaka piṇyāka guṇāḥ	शुष्कामलकपिण्याक गुणाः	uśirikepiṁḍi	ఉశిరికెపిండి	*Phyllanthus emblica* L.	35#4	176
Flour prepared by parched paddy- lājāsaktu	lājasaktu guṇāḥ	लाजसक्तु गुणाः	lājasattu	లాజసత్తు	*Oriza sativa* L.	20#28	100
Flour process with fermented coriander seed decoction	dhānyāmlaśodhita piṇyāka guṇāḥ	धान्याम्ल- शोधित पिण्याक गुणाः	ūrumiṁḍi	ఊరుమిండి		35#3	175
Flour, Pancakes	āpūpādi vargaḥ	अपूपादि वर्गः	apūpādivargaṁ	అపూపాదివర్గం		18#	89
Flower Vegetable Group	puṣpaśāka vargaḥ	पुष्पशाक वर्गः	puṣpa(śāka)vargaṁ	పుష్ప(శాక)వర్గం		26#	145
Flowers of fire flame bush	dhātakīkusuma guṇāḥ	धातकीकुसुम गुणाः	dhātakīkusumaṁ	ధాతకీకుసుమం	*Woodfordia fruticosa* (L.) Kurz:	38#68	205
Flowers of silk cotton	śālmalīpuṣpa guṇāḥ	शाल्मलीपुष्प गुणाः	būrugupuvvulu	బూరుగుపువ్వులు	*Bombax ceiba* L.	26#9	145
Flower-scented water	puṣpānugaguṇāḥ	पुष्पानुगगुणाः	pannīru	పన్నీరు		1#47	7
Food collected from alms	bhikṣānnaguṇaṃ	भिक्षान्नगुणं	bhikṣānnaṁ	భిక్షాన్నం		17#55	85
Food cooked with ghee	ājyānvitānna guṇāḥ	आज्यान्वितान्न गुणाः	neyyivaṁṭakaṁ	నెయ్యివంటకం		17#56	85
Food cooked with milk	kṣīramiśritānna guṇāḥ	क्षीरमिश्रितान्न गुणाः	pālunnavaṁṭakaṁ	పాలున్నవంటకం		17#58	86
Food cooked with oil	tailānvitānna guṇāḥ	तैलान्वितान्न गुणाः	nūnevaṁṭakaṁ	నూనెవంటకం		17#57	85
Food prepared in closed containers	puṭapākānna guṇāḥ	पुटपाकान्न गुणाः	puṭapākānnaṁ	పుటపాకాన్నం		17#61	86

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Food prepared with curd	dadhyanna guṇāḥ	दध्यन्न गुणाः	peruguvaṁṭakaṁ	పెరుగువంటకం		17#59	86
Food prepared with wheat	godhūmānna guṇāḥ	गोधूमान्न गुणाः	gōdhūmānnaṁ	గోధూమాన్నం	*Triticum aestivum* L.	17#74	88
Food soaked in buttermilk	takrapariplutānna guṇāḥ	तक्रपरिप्लुतान्न गुणाः	callānuvaṁṭakaṁ	చల్లానువంటకం		17#60	86
Food utencils	bhojana pātrāṇi	भोजन पात्राणि	bhōjanapātralu	భోజనపాత్రలు		48#	250
Foods which are compatible with milk	kṣīra aviruddāḥ	क्षीरअविरुद्धः	kṣīraaviruddhālu	క్షీరఅవిరుద్ధాలు		2#45	22
Foods which are incompatible with milk	kṣīra viruddhāḥ	क्षीर विरुद्धाः	kṣīraviruddhālu	క్షీరవిరుద్ధాలు		2#46	22
Footwear	pādatrāṇa guṇāḥ	पादत्राण गुणाः	pādarakṣalu	పాదరక్షలు		62#2	298
Forbidden flowers	varjanīya puṣpāṇi	वर्जनीय पुष्पाणि	puṣpavarjāḥ	పుష్పవర్జాः		57#39	290
Forest bitterberry or African eggplant	mahatī-bṛhatī	महती बृहती	mulakkāya	ములక్కాయ	*Solanum anguivi* Lam.	27#60	155
Forest Yam	vanakanda guṇāḥ	वनकन्द गुणाः	aḍavipaṁḍalaṁ	అడవిపండలం	*Amorphophallus sylvaticus (*Roxb..*)* Kunth	30#10	162
Four horned antelope meat	mṛgamātṛkamāṁsa guṇāḥ	मृगमातृकामांस गुणाः	koṁḍagorremāṁsaṁ	కొండగొర్రెమాంసం	*Axis porcinus (Zimmermann, 1780)*	21#19	105
Four types of gruel	caturvidhapeya lakṣaṇāḥ	चतुर्विधपेय लक्षणाः	caturvidhapēyalakṣaṇaṁ	చతుర్విధపేయలక్షణం		16#21	78
Foxtail Amaranth	jhillīśāka guṇāḥ	झिल्लीशाक गुणाः	kōyagūra	కోయగూర	*Amaranthus caudatus* L	24#3	128
Foxtail millet	kaṅgu guṇāḥ	कङ्गुगुणाः	korralu	కొర్రలు	*Setaria italica* (L.) P.Beauv.	14#29	68
Fragrant formulation	kalpanagaṁdha guṇāḥ	कल्पनगंध गुणाः	kalpana gaṁdhaṁ	కల్పన గంధం		60#4	295
Fragrant Padri fruit	meṣaśṛṅgīphala guṇāḥ	मेषशृङ्गीफल गुणाः	mokkavukāya	మొక్కవుకాయ	*Stereospermum suaveolens (*Roxb..*)* DC.	36#15	178
Fragrant powder	nānāgandhacūrṇa guṇāḥ	नानागन्धचूर्ण गुणाः	gaṁdhaṁpoḍi	గంధంపొడి		56#27	282
Frangipani	devagaṇḍalikā guṇāḥ	देवगण्डलिका गुणाः	dēvagaṁḍala	దేవగండల	*Plumeria rubra* L.	38#259	225
Fresh butter	nava navanītaguṇāḥ	नव नवनीतगुणाः	krottavenna	క్రొత్తవెన్న		5#2	35
Fresh Camphor	navīna evaṁ purāṇa karpūra guṇāḥ	नवीन एवं पुराण कर्पूर गुणाः	kotta, pātakarpūrālu	కొత్త, పాతకర్పూరాలు	*C10H16O, Cinnamomum camphora* (L.) (J. Presl)	56#24	282
Fresh coriander	ārdrakustumburu guṇāḥ	आर्द्रकुस्तुम्बुरु गुणाः	paccikotimarulu	పచ్చికొతిమరులు	*Coriandrum sativum* L.	38#63	204
Fresh honey	navamadhu guṇāḥ	नवमधु गुणाः	krottatēne	క్రొత్తతేనె		8#24	48
Fresh liquor	navamadyaguṇāḥ	नवमद्यगुणाः	krottamadyaṁ	క్రొత్తమద్యం		11#2	57
Fresh Raw Black pepper	ārdramarica guṇāḥ	आर्द्रमरिच गुणाः	paccimiryālu	పచ్చిమిర్యాలు	*Pipier nigrum* L.	38#12	198
Fresh Raw Long pepper	ārdrapippali guṇāḥ	आर्द्रपिप्पली गुणाः	paccipippaḷḷu	పచ్చిపిప్పళ్ళు	*Piper longum* L	38#13	198
Freshly drawn cool milk	dhārāśītaṃ payaḥ	धाराशीतं पयः	dhārāśītālu	ధారాశీతాలు		2#28	19
Freshly drawn warm milk	dhāroṣṇaṃ payaḥ	धारोष्णं पयः	uṣṇadhāralu	ఉష్ణధారలు		2#27	19
Freshly drawn warm milk of buffalo	dhāroṣṇaṃ māhiṣaṃ kṣīraṃ	धारोष्णं माहिषं क्षीरं	mahiṣadhārōṣṇālu	మహిషధారోష్ణాలు		2#29	19

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Freshly drawn warm milk of goat and sheep	dhāroṣṇa- śṛtaśītamajākṣīraṃ	धारोष्ण- शृतशीतमजाक्षीरं	mekagorredhārōṣṇālu	మెకగొర్రెధారోష్ణాలు		2#30	19
Freshly heated ghee	sadyastaptaghṛtaguṇāḥ	सद्यस्तप्तघृतगुणाः	apuḍēkācinanēyi	అపుడేకాచిననేయి		6#3	37
Fried paddy gruel	bhṛṣṭataṇḍulasaṁsiddha peya guṇāḥ	भृष्टतण्डुलसंसिद्धपेय गुणाः	vēpuḍubiyyapugaṁji	వేపుడుబియ్యపుగంజి	*Oriza sativa* L.	16#9	77
Frog fruit seeds	jalpippalikā guṇāḥ	जलपिप्पलिका गुणाः	nīrupippali	నీరుపిప్పలి	*Phyla nodiflora* (L.) Greene *Synonym.* L*ippia nodiflora* (L.) Michx.	38#215	220
Frog meat	bhekamāṁsa guṇāḥ	भेकमांस गुणाः	kappamāṁsaṁ	కప్పమాంసం	*Hoplobatrachus tigerinus* (Daudin, 1802)	21#57	109
Fruit of castor	eraṇḍaphalam	एरण्डफलम्	āmudapukāya	ఆముదపుకాయ	*Ricinus communis* L.	27#69	156
Fruit of red castor	raktairaṇḍa phalam	रक्तैरण्डफलम्	peddāmudapukāya	పెద్దాముదపుకాయ	*Ricinus communis* L.	27#70	156
Gallinaceous birds	viṣkira vargāḥ	विष्किर वर्गाः	viṣkiravargaṁ	విష్కిరవర్గం		21#2	102
Ganapati Prayer	gaṇapati prārthanā	गणपति प्रार्थना	gaṇapatiprārthana	గణపతిప్రార్థన		1	1
Gaṅgāluka	gaṅgāluka guṇāḥ	गङ्गालुक गुणाः	nāgapeṁḍalaṁ	నాగపెండలం		30#6	161
Gāṅgerukā leave	gaṅgerukapatra guṇāḥ	गङ्गेरुकपत्र गुणाः	balusukūra	బలుసుకూర	***Canthium parvifolium*** Roxb.	24#98	139
Ganges river water	bhāgīrathījalaguṇāḥ	भागीरथीजलगुणाः	bhāgīrathīnadi nīḷḷu	భాగీరథీనది నీళ్ళు		1#6	2
Garden dill seeds	śatāhvā guṇāḥ	शताह्वा गुणाः	sadāpalu	సదాపలు	*Anethum sowa* Kurz	38#47	202
Garden lizard meat	kṛkalasamāṁsa guṇāḥ	कृकलासमांस गुणाः	toṁḍamāṁsaṁ	తొండమాంసం	*Calotes versicolor* (Daudin, 1802)	21#60	110
Gardenia leaves	hiṅgupatrīdala guṇāḥ	हिङ्गुपत्रीदल गुणाः	hiṁgupatrikūra	హింగుపత్రికూర	*Ferula jaeschkeana Vatke.*	24#36	132
Gargle group	atha gaṇḍūṣavargaḥ	अथ गण्डूषवर्गः	gaṁḍūṣavargaṁ	గండూషవర్గం		43#	235
Gargling	gaṇḍūṣa guṇāḥ	गण्डूष गुणाः	gaṁḍūṣaguṇaṁ	గండూషగుణం		43#1	235
Gargling with Oil	snehagaṇḍūṣa guṇāḥ	स्नेहगण्डूष गुणाः	snēhagaṁḍūṣaṁ	స్నేహగండూషం		43#11	236
Garlic	rasona guṇāḥ	रसोन गुणाः	vellulli	వెల్లుల్లి	*Allium sativum* L.	30#14	162
Garlic leaves	laśunaśāka guṇāḥ	लशुनशाक गुणाः	vellullikūra	వెల్లుల్లికూర	*Allium sativum* L.	24#43	133
Garlic smoke	laśunadhūpa guṇāḥ	लशुनधूप गुणाः	laśunadhūpaṁ	లశునధూపం	*Allium sativum* L.	49#25	255
Gaulī	gaulīśāka guṇāḥ	गौलीशाक गुणाः	gōḷīkūra	గోళీకూర		24#70	136
Gaura śāli rice liquor	gauraśāleyaṃ madyaṃ	गौरशालेयं मद्यं	duganasarivaḍlamadyaṁ	దుగనసరివడ్లమద్యం	*Oriza sativa* L.	11#8	57
Gaurīśāka	gaurīśāka guṇāḥ	गौरीशाक गुणाः	pāvaḷikūra	పావళికూర		24#69	136
Gavedhuka	gaveduka guṇāḥ	गवेधुक गुणाः	gunkudhānyaṁ	గున్కుధాన్యం	*Coix lacryma-jobi* L.	14#38	68
General qualities of Butter	sāmānya navanītaguṇāḥ	सामान्य नवनीतगुणाः	sāmānyapuvenna	సామాన్యపువెన్న		5#1	35
General qualities of buttermilk	sāmānya takra guṇāḥ	सामान्य तक्र गुणाः	sāmānyapucallaguṇaṁ	సామాన్యపుచల్లగుణం		4#1	28
General qualities of clothes	sāmānya vastradhāraṇa guṇāḥ	सामान्य वस्त्रधारण गुणाः	sāmānyavastraṁ	సామాన్యవస్త్రం		47#17	248

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General qualities of fish meat	matsyamāṁsasāmānyaguṇāḥ	मत्स्यमांससामान्यगुणाः	sāmānyamīlu	సామాన్యమీలు		23#8	120
General qualities of ghee	ghṛta sāmānya guṇāḥ	घृत सामान्य गुणाः	nētisāmānyagunaṁ	నేతిసామాన్యగునం		6#1	37
General qualities of Honey	madhu sāmānya guṇāḥ	मधु सामान्य गुणाः	sāmānyamadhuvu	సామాన్యమధువు		8#3	45
General qualities of lard	sarvamāṁsodbhavasneha guṇāḥ	सर्वमांसोद्भवस्नेह गुणाः	sarvamainamāṁsālanētulu	సర్వమైనమాంసాలనేతులు		23#58	126
General qualities of liquor	sāmānyamadyaguṇāḥ	सामान्यमद्यगुणाः	sāmānyamadyaguṇaṁ	సామాన్యమద్యగుణం		11#1	57
General qualities of meat	sādhāraṇamāṁsa guṇāḥ	साधारणमांस गुणाः	sadhāraṇamāṁsaṁ	సధారణమాంసం		23#41	123
General qualities of oil	sāmānyatailaguṇāḥ	सामान्यतैलगुणाः	sāmānyatailaguṇālu	సామాన్యతైలగుణాలు		9#1	52
General qualities of sorghum/jowar	sarvoddāla guṇāḥ	सर्वोद्दाल गुणाः	sarvamainajonnalu	సర్వమైనజొన్నలు	*Sorghum bicolor* (L.) Moench	14#27	67
General qualities of urine	gomūtrādi sāmānyaguṇāḥ	गोमूत्रादि सामान्यगुणाः	gōmūtrādi sāmānya guṇālu	గోమూత్రాది సామాన్య గుణాలు		12#1	61
Generic properties of water	toyasāmānyaguṇāḥ	तोयसामान्यगुणाः	nīṭisāmānya guṇālu	నీటిసామాన్య గుణాలు		1#2	1
Generosity/donation/ giving alms	dānaṃ	दानं	dānaṁ	దానం		62#8	299
Ghee gargle	ghṛtagaṇḍūṣa guṇāḥ	घृतगण्डूष गुणाः	ghṛtagaṁḍūṣaṁ	ఘృతగండూషం		43#5	235
Ghee group	ghṛtavargamāha	घृतवर्गमाह	ghṛtavargaṁ	ఘృతవర్గం		6#	37
Gholakam buttermilk (1part curd, 3 parts of water)	gholakaguṇāḥ	घोलकगुणाः	ghōlakaṁ	ఘోలకం		4#23	32
Giant pigweed, cooked rice fryums	atipakvānna punarnavādi vaṭaka guṇāḥ	अतिपक्वान्न पुनर्नवादि वटक गुणाः	galijēruvaḍiyālu	గలిజేరువడియాలు	*Trianthema portulacastrum* L.	34#9	173
Giant taro stem	hastikarṇanāla guṇāḥ	हस्तिकर्णनाल गुणाः	balurakkisakāma	బలురక్కిసకామ	*Alocasia macrorhiza* (L.) G. Don.	29#9	160
Giloy	amṛtā guṇāḥ	अमृता गुणाः	tippatīge	తిప్పతీగె	*Tinospora cordifolia (*Willd.*)* Hook.f. & Thomson	38#104	209
Ginger juice gargle	ārdrakasvarasaganḍūṣa guṇāḥ	आर्द्रकस्वरसगण्डूष गुणाः	ārdrakarasagaṁḍūṣaṁ	ఆర్ద్రకరసగండూషం	*Zingiber officinale* Roscoe	43#3	235
Ginger pickle	śṛṅgaberādi haritaka guṇāḥ	शृङ्गबेरादि हरितक गुणाः	vaṁkāyāllapupaccaḍi	వంకాయాల్లపుపచ్చడి	*Zingiber officinale* Roscoe	32#3	166
Ginger pickle	ārdraka haritaka guṇāḥ	आर्द्रक हरितक गुणाः	allapupaccaḍi	అల్లపుపచ్చడి	*Zingiber officinale* Roscoe	32#5	166
Ginger, green tamarind pickle	ārdraka evaṁ ciñcāphala haritaka guṇāḥ	आर्द्रक एवं चिञ्चाफल हरितक गुणाः	allaṁ ciṁtapaṁḍu galpina paccaḍi	అల్లం చింతపండు గల్పిన పచ్చడి	*Zingiber officinale* Roscoe & *Tamarindus indicus* L.	32#7	167
Ginger, lemon juice pickle	jambīranīraparipūritaśṛṅgabera haritaka guṇāḥ	जम्बीरनीरपरिपूरितशृङ्गबेर हरितक गुणाः	allaṁ nimmapaṁḍla rasaṁ pōsina paccaḍi	అల్లం నిమ్మపండ్ల రసం పోసిన పచ్చడి	*Zingiber officinale* Roscoe & *Citrus limon* (L.) Osbeck.	32#6	166
Girivartaka bird meat	girivartakamāṁsa guṇāḥ	गिरिवर्तकमांस गुणाः	kūkaṭimūṁgamāṁsaṁ	కూకటిమూంగమాంసం		22#24	114
Glass	kācam	काचम्	kācaṁ	కాచం	*Complex mixture of silicon dioxide, sodium, calcium, magnesium, and other elements*	62#38	304

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Glass utensils, vessels	kācapātrōpayōga guṇāḥ	काचपात्रोपयोग गुणाः	gājutale/gājukaṁcamu	గాజుతలె/గాజుకంచము	*Complex mixture of silicon dioxide, sodium, calcium, magnesium, and other elements*	48#2	250
Glory bower fruit	śārṅgeṣṭaphala guṇāḥ	शार्ङ्गेष्टफल गुणाः	gurujakāya	గురుజకాయ	*Clerodendrum infortunatum* L	36#24	179
Glycyrrhiza root decoction	yaṣṭīkaṣāyaḥ	यष्टीकषायः	yaṣṭikakaṣāyaṁ	యష్టికకషాయం	*Glycirrhiza glabra* L.	62#6	299
Goat milk butter	ajā navanītaguṇāḥ	अजा नवनीतगुणाः	mekavenna	మెకవెన్న	*Capra aegagrus hircus* (Linnaeus, 1758)	5#7	36
Goat droppings	ajāviḍ guṇāḥ	अजाविड् गुणाः	mēkapeṁtikalu	మేకపెంతికలు	*Capra aegagrus hircus* (Linnaeus, 1758)	13#3	63
Goat ghee	ajā ghṛtaguṇāḥ	अजा घृतगुणाः	mēkanēyi	మేకనేయి	*Capra aegagrus hircus* (Linnaeus, 1758)	6#6	38
Goat meat	ajāmāṁsa guṇāḥ	अजामांस गुणाः	mēkamāṁsaṁ	మేకమాంసం	*Capra aegagrus hircus* (Linnaeus, 1758)	21#21	105
Goat milk	ajāpayo guṇāḥ	अजापयो गुणाः	mēkapālu	మేకపాలు	*Capra hircus* Linnaeus, 1758	2#14	17
Goat milk curd	ajādadhiguṇāḥ	अजादधिगुणाः	mēkaperugu	మేకపెరుగు	*Capra aegagrus hircus* (Linnaeus, 1758)	3#7	25
Goat urine	chāgamūtraguṇāḥ	छागमूत्रगुणाः	mēkapaṁcitaṁ	మేకపంచితం	*Capra aegagrus hircus* (Linnaeus, 1758)	12#3	61
Goat, sheep Buttermilk	ajāviprabhavam takraṁ	अजाविप्रभवम् तक्रं	mēka, gorre calla	మేక, గొర్రె చల్ల	*Capra aegagrus hircus* (Linnaeus, 1758)	4#8	29
Goats and sheep	ajā, āvika māṃsaguṇāḥ	अजा, आविक मांसगुणाः	gorre, mēka māṁsaṁ	గొర్రె, మేక మాంసం	*Capra aegagrus hircus* (Linnaeus, 1758) *and Ovis aries* Linnaeus, 1758	21#9	103
Godhūmapiṣṭa śaṣkulī	godhūmapiṣṭaśaṣkulī guṇāḥ	गोधूमपिष्टशष्कुली गुणाः	saidapupiṁḍicakkilālu	సైదపుపిండిచక్కిలాలు	*Triticum aestivum* L.	20#15	99
Gold platter, utensils	sauvarṇapātrōpayōga guṇāḥ	सौवर्णपात्रोपयोग गुणाः	paiḍipaḷḷeṁ	పైడిపళ్ళెం	*Au+Cu*	48#13	251
Golden Champa, yellow Jade orchid tree flowers	campakapuṣpa guṇāḥ	चम्पकपुष्प गुणाः	caṁpakaṁ	చంపకం	*Magnolia champaca* (L.) Baill. ex Pierre	57#10	284
Golden shower flower	āragvadhapuṣpa guṇāḥ	आरग्वधपुष्प गुणाः	rēlapuvvulu	రేలపువ్వులు	*Cassia fistula* Linn	26#8	145
Gonarda bird meat	gonardamāṁsa guṇāḥ	गोनर्दमांस गुणाः	gōriṁkamāṁsaṁ	గోరింకమాంసం	*Arborophila torqueola* (Valida)	22#12	112
Gonarda meat	gonardamāṁsa guṇāḥ	गोनर्दमांस गुणाः	guvvamāṁsaṁ	గువ్వమాంసం	*Arborophila torqueola* (Valida)	22#22	114
Goose hen leaves	vāstukaśāka guṇāḥ	वास्तुकशाक गुणाः	cakravartikūra	చక్రవర్తికూర	*Chenopodium album* L.	24#1	128
Gotu kola	maṇḍūkaparṇīśāka guṇāḥ	मण्डूकपर्णीशाक गुणाः	maṁḍūkabrhāhmi	మండూకబ్రాహ్మి	*Centella asiatica* (L.) Urb.	24#84	137
Grapes	drākṣāphala guṇāḥ	द्राक्षाफल गुणाः	drākṣapaṁḍlu	ద్రాక్షపండ్లు	*Vitis vinifera* L.	37#2	182
Grapes with cow teat shape	gostanīdrākṣāphala guṇāḥ	गोस्तनीद्राक्षाफल गुणाः	gōstanīdrākṣa	గోస్తనిద్రాక్ష	*Vitis vinifera* L.	37#1	182
Greater galangal	rāsnā guṇāḥ	रास्ना गुणाः	duṁparāsna	దుంపరాస్న	*Alpinia galanga* (L.) Willd.	38#96	208

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Green chiretta, Kalmegh	bhūnimba guṇāḥ	भूनिम्ब गुणाः	nēlavēmu	నేలవేము	*Andrographis paniculata* (Burm.f.) Nees	38#103	208
Green gram	haritamudga guṇāḥ	हरितमुद्ग गुणाः	paccapesalu	పచ్చపెసలు	*Vigna radiata* (L.) R. Wilczek	15#2	70
Green gram flour soup	mudgapiṣṭavikṛtairvipācitayūṣa guṇāḥ	मुद्गपिष्टविकृतैर्विपाचितयूष गुणाः	pesarakūra kaṭṭu	పెసరకూర కట్టు	*Vigna radiata* (L.) R. Wilczek	19#25	96
Green gram fryums	mudgavaṭaka guṇāḥ	मुद्गवटक गुणाः	uṭravaḍiyālu	ఉట్రవడియాలు	*Vigna radiata* (L.) R. Wilczek	34#1	172
Green gram gruel	mudgataṇḍulasaṁsiddhā peya guṇāḥ	मुद्गतण्डुलसंसिद्धपेय गुणाः	pesarugaṁji	పెసరుగంజి	*Vigna radiata* (L.) R. Wilczek	16#7	77
Green gram multi-pulse soup	mudgādiyūṣa guṇāḥ	मुद्गादियूष गुणाः	mudgādiyūṣaṁ	ముద్గాదియూషం	*Vigna radiata* (L.) R. Wilczek	19#21	95
Green gram soup	mudgasūpa guṇāḥ	मुद्गसूप गुणाः	pesarapappu	పెసరపప్పు	*Vigna radiata* (L.) R. Wilczek	19#1	93
Green gram Stuffed Sweet Indian bread	mudgasūpāntarāpūpa guṇāḥ	मुद्गसूपान्तरापूप गुणाः	pūraṇapubūrelu	పూరణపుబూరెలు	*Vigna radiata* (L.) R. Wilczek	18#9	90
Green gram, general qualities	mudgasāmānya guṇāḥ	मुद्गसामान्य गुणाः	pesalasāmānyaguṇālu	పెసలసామాన్యగుణాలు	*Vigna radiata* (L.) R. Wilczek	15#1	70
Grey or smoke colour green gram	dhūmravarṇamudga guṇāḥ	धूम्रवर्णमुद्ग गुणाः	borepesalu	బొరెపెసలు	*Vigna radiata* (L.) R. Wilczek	15#8	70
Greyish variety black gram	dhūmravarṇamāṣa guṇāḥ	धूम्रवर्णमाष गुणाः	boriminumulu	బొరిమినుములు	*Vigna mungo* (L.) Hepper	15#12	71
Group of flours	tilapiṣṭa vargaḥ	तिलपिष्ट वर्गः	tilapiṣṭavargaṁ	తిలపిష్టవర్గం	*Sesamum indicum* L.	35#	175
Group of Kernels, Piths	majjāvarga	मज्जावर्ग	majjāvargaṁ	మజ్జావర్గం		31#	165
Group of Papad/fryum	vaṭakādi vargaḥ	वटकादि वर्गः	vaṭakādavargaṁ	వటకాదవర్గం		34#	172
Group of Pickels	harita vargaḥ	हरित वर्गः	haritavargaṁ	హరితవర్గం		32#	166
GROUP OF RAW UNRIPE FRUITS	dhātryādiphalavargaḥ	धात्र्यादिफलवर्गः	dhātryādi phalavargaṁ	ధాత్ర్యాది ఫలవర్గం	*Phyllanthus emblica* L.	36#	177
Group of ripe fruits	pakvaphalavargaḥ	पक्वफलवर्गः	pakvaphalavargaṁ	పక్వఫలవర్గం		37#	182
Gruel, Soups	atha peyādi vargamāha	अथ पेयादि वर्गमाह	pēyādivargaṁ	పేయాదివర్గం		16#	76
Guḍūcī	guḍūcīśāka guṇāḥ	गुडूचीशाक गुणाः	tippatīge	తిప్పతీగె	*Tinospora cordifolia (*Willd.*)* Hook.f. & Thomson	24#83	137
Guggulu smoke	gugguludhūpa guṇāḥ	गुग्गुलुधूप गुणाः	gugguludhūpaṁ	గుగ్గులుధూపం	*Commiphora wightii* (Arn.) Bhandari	49#9	253
Haematite, Ochre	svarṇagairika guṇāḥ	स्वर्णगैरिक गुणाः	gairikaṁ	గైరికం	*A native earth coloured with hydrated iron oxide*	54#23	269
Hair smoke	keśādidhūpa guṇāḥ	केशादिधूप गुणाः	kēśhadūpaṁ	కేశ్హదూపం		49#21	255
Hālāhala	hālāhala	हालाहलविकाराः	hālāhalavikārālu	హాలాహలవికారాలు		62#65	308
Hand churned buttermilk	karamathitaguṇāḥ	करमथितगुणाः	karamathitaṁ	కరమథితం		4#25	33
Hand fan group	vyajanavarga	व्यजनवर्ग	vyajanavargaṁ	వ్యజనవర్గం		50#	256
Harīta bird meat	hārītamāṁsa guṇāḥ	हरीतमांस गुणाः	paccapiṭṭamāṁsaṁ	పచ్చపిట్టమాంసం	*Treron phoenicoptera* (Latham, 1790)	22#33	115
Harītakī and other medicines group	harītakī guṇāḥ	हरीतकी गुणाः	auṣadhavargaṁ	ఔషధవర్గం		38#	196

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Harith-Yavāni	haridyavānī guṇāḥ	हरिद्यवानी गुणाः	sāmaravōmaṁ	సామరవోమం	*Trachyspermum ammi* L.	38#45	202
Headache tree leaf	takkāriśāka guṇāḥ	तक्कारिशाक गुणाः	takkalikura	తక్కలికుర	*Premna serratifolia* L.	24#85	138
Healthy Bath	ārogyasnānaṃ	आरोग्यस्नानं	ārōgyasnānalakṣaṇaṁ	ఆరోగ్యస్నానలక్షణం		62#81	310
Hedge hog meat	śvāvimāṁsa guṇāḥ	श्वाविमांस गुणाः	ēdumāṁsaṁ	ఏదుమాంసం	*Paraechinus micropus* (Blyth, 1846)	21#49	109
Hessonite	gomedhaka guṇāḥ	गोमेधक गुणाः	gōmēdhikaṁ	గోమేధికం	*Ca3Al2(SiO4)3*	54#9	267
Hill glory bower	sthauṇeyaka guṇāḥ	स्थौणेयक गुणाः	sthauṇēyakaṁ	స్థౌణేయకం	*Clerodendrum infortunatum* L.	38#90	207
Himalayan cedar	devadāru guṇāḥ	देवदारु गुणाः	dēvadāru	దేవదారు	*Cedrus deodara (*Roxb. *ex* D. Don*)* G. Don	38#55	203
Himalayan cedar smoke	devadārūdhūpa guṇāḥ	देवदारुधूप गुणाः	dēvadārudhūpaṁ	దేవదారుధూపం	*Cedrus deodara (*Roxb. *ex* D. Don*)* G. Don	49#6	253
Himalayan gentian	trāyantī guṇāḥ	त्रायन्ती गुणाः	bhāvaṁji	భావంజి	*Gentiana kurroo Royle*	38#102	208
Himalayan wild cherry	padmaka guṇāḥ	पद्मक गुणाः	padmakaṁ	పద్మకం	*Prunus cerasoides* D. Don.	38#94	207
Hing vaṭaka	rāmaṭhādivaṭaka guṇāḥ	रामठादिवटक गुणाः	kalikūravaḍiyālu	కలికూరవడియాలు	*Ferula asafoetida* L.*, Cuminum cyminum* L.*, Curcuma longa* L.	19#28	96
Hiraṇyākṣa bird meat	hiraṇyākṣamāṁsa guṇāḥ	हिरण्याक्षमांस गुणाः	peṁḍikaṁṭemāṁsaṁ	పెండికంటెమాంసం		22#27	114
Hogweed pickle	punarnavā haritaka guṇāḥ	पुनर्नवा हरितक गुणाः	galijērupaccaḍi	గలిజేరుపచ్చడి	*Boerhavia diffusa* L.	32#13	167
Holy basil	tulasī guṇāḥ	तुलसी गुणाः	tulasi	తులసి	*Ocimum tenuiflorum* L. *Synonym Ocimum sanctum* L.	38#206	219
Holy garlic pear	varuṇa guṇāḥ	वरुण गुणाः	ulimiri	ఉలిమిరి	*Crataeva religiosa* G. Forst. *Synonym. C.nurvala*	38#246	223
Honey collected from an anthil	valmīkamadhyodhṛtamadhu guṇāḥ	वल्मीकमध्योद्धृतमधु गुणाः	puṭṭātēne	పుట్టాతేనె		8#28	49
Honey collected from rock crevices	śilārandrodhṛtamadhu guṇāḥ	शिलारन्द्रोधृतमधु गुणाः	rātihirapulalōbeṭṭinatēne	రాతిహిరపులలోబెట్టినతేనె		8#29	49
Honey collected from the honeycomb of leaves	daloparijamadhuguṇāḥ	दलोपरिजमधुगुणाः	ākulamīdabeṭṭinatēne	ఆకులమీదబెట్టినతేనె		8#31	49
Honey collected from tree branches	kāṇḍajamadhu guṇāḥ	काण्डजमधु गुणाः	kommalabeṭṭinatēne	కొమ్మలబెట్టినతేనె		8#30	49
Honey cooking method	madhupāka kramaḥ	मधुपाक क्रमः	madhupāka kramaṁ	మధుపాక క్రమం		8#33	49
Honey from banana flowers	kadalīpuṣpasambhūtakṣaudraguṇāḥ	कदलीपुष्पसम्भूतक्षौद्रगुणाः	araṭipuvvutēne	అరటిపువ్వుతేనె	*Musa acuminata* Colla	8#10	46
Honey from Ikṣurasapuṣpa	ikṣurasapuṣpaja guṇāḥ	इक्षुरसपुष्पज गुणाः	nīrugobbipuvvulatēne	నీరుగొబ్బిపువ్వులతేనె	*Saccharum officinarum* L.	8#12	46
Honey from junti-flowers	juṁṭimadhu guṇāḥ	जुंटिमधु गुणाः	juṁṭitēne	జుంటితేనె		8#15	46
Honey from koraṇṭapuṣpa	koraṇṭapuṣpaja madhuguṇāḥ	कोरण्टपुष्पज मधुगुणाः	mulugōraṁṭa	ములుగోరంట	*Barleria prionitis* L.	8#11	46
Honey from sugarcane	ikṣuvikārasambhūta guṇāḥ	इक्षुविकारसम्भूत गुणाः	cerakutēne	చెరకుతేనె	*Saccharum officinarum* L.	8#13	46

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Honey from various flowers	sarvapuṣpodakaguṇāḥ	सर्वपुष्पोदकगुणाः	sarvapuṣpālabeṭṭinatēne	సర్వపుష్పాలబెట్టినతేనె		8#14	46
Honey gargle	madhugaṇḍūṣa guṇāḥ	मधुगण्डूष गुणाः	madhugaṁḍūṣaṁ	మధుగండూషం		43#6	235
Honey group	mākṣikavargamāha	माक्षिकवर्गमाह	mākṣikavargaṁ	మాక్షికవర్గం		8#	45
Honeycomb tips	kṣaudrā mastakākhyā	क्षौद्रा मस्तकाख्या	tēnetonalu	తేనెలొనలు		8#32	49
Horse dung/ manure	aśvaviḍ guṇāḥ	अश्वविड् गुणाः	gurrapuladdi	గుర్రపులద్ది	*Equus ferus caballus* Linnaeus, 1758	13#6	63
Horse gram	kulatthā guṇāḥ	कुलत्थ गुणाः	kollalu	కొల్లలు	*Macrotyloma uniflorum (*Lam.*)* Verdc	15#26	72
Horse gram and rice gruel	kulutthataṇḍulopetā śṛtā peya guṇāḥ	कुलुत्थतण्डुलोपेतश्रृतपेय गुणाः	kākōḷḷagaṁji	కాకోళ్ళగంజి	*Macrotyloma uniflorum (*Lam.*)* Verdc *& Oryza sativa* L.	16#8	77
Horse gram multi pulse soup	kulatthādiyūṣa, pañcāmṛta guṇāḥ	कुलत्थादियूष, पञ्चामृत गुणाः	kulaththādiyūṣaṁ	కులత్థాదియూషం	*Macrotyloma uniflorum (*Lam.*)* Verdc	19#22	95
Horse gram soup	kulatthasūpa guṇāḥ	कुलत्थसूप गुणाः	ulavapappu	ఉలవపప్పు	*Macrotyloma uniflorum (*Lam.*)* Verdc	19#2	93
Horse hair fan	turaṅgavālavyajana guṇāḥ	तुरङ्गवालव्यजन गुणाः	gurrapukuṁca	గుఱ్ఱపుకుంచ	*Equus sivalensis Cautley & Falconer, 1846*	50#8	257
Horse meat	aśvamāṁsa guṇāḥ	अश्वमांस गुणाः	gurraṁmāṁsaṁ	గుర్రంమాంసం	*Equus sivalensis Cautley & Falconer, 1846*	21#37	108
Horse ride	aśvārohanayāna guṇāḥ	अश्वारोहणयान गुणाः	gurramunekkuṭa	గుఱ్ఱమునెక్కుట	*Equus sivalensis Cautley & Falconer, 1846*	59#4	293
Horse urine	aśvamūtraguṇāḥ	अश्वमूत्रगुणाः	aśvamūtraṁ	అశ్వమూత్రం	*Equus sivalensis Cautley & Falconer, 1846*	12#7	62
Horse vine	māṣaparṇī guṇāḥ	माषपर्णी गुणाः	kāruminumu	కారుమినుము	*Teramnus labialis (*L.f.*)* Koch	38#147	213
Hot and cold-water mixture	uṣṇaśītamiśritajalaguṇāḥ	उष्णशीतमिश्रितजलगुणाः	vēḍicallani vimiśramaṁ cēsinanīḷḷu	వేడిచల్లని విమిశ్రమం చేసిననీళ్ళు		1#50	8
Hot water	uṣṇajalaguṇāḥ	उष्णजलगुणाः	vēḍinīḷḷu	వేడినీళ్ళు		1#65	10
Human urine	mānuṣamūtraguṇāḥ	मानुषमूत्रगुणाः	mānuṣamūtraṁ	మానుషమూత్రం	*Homo sapiens* Linnaeus, 1758.	12#10	62
Hundred times cleansed ghee	śatadhautaghṛtaṃ	शतधौतघृतं	śatadhautaghṛtaṁ	శతధౌతఘృతం		6#15	40
Hundred-year-old ghee	purāṇaghṛtaguṇāḥ	वर्षशतंपुराणघृतगुणाः	nūrusaṁvatsarāla pāta neyyi	నూరుసంవత్సరాల పాత నెయ్యి		6#12	39
Hunger	kṣudhā	क्षुधा	ākali	ఆకలి		62#7	299
Hyacinth bean or lablab bean soup	niṣpāvayūṣa guṇāḥ	निष्पावयूष गुणाः	anupakaṭṭu	అనుపకట్టు	*Lablab purpureus* (L.) Sweet	19#16	95
Iguana lizard meat	śuktigodhāmāṁsa guṇāḥ	शुक्तिगोधामांस गुणाः	pulugumāṁsaṁ	పులుగుమాంసం	*Cyclura cornuta* (Latreille, 1801)	21#50	109

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Iguana meat	godhāmāṁsa guṇāḥ	गोधामांसगुणाः	uḍumumāṁsaṁ	ఉడుముమాంసం	L*guana iguana* (Linnaeus, 1758)	21#58	109
Ikkari	hikkari guṇāḥ	इक्करि गुणाः	ikkari	ఇక్కరి		56#20	281
Illiśāka	illiśāka guṇāḥ	इल्लिशाक गुणाः	beralikūra	బెరలికూర		24#109	140
Importance of Buttermilk	takrapraśaṃsā	तक्रप्रशंसा	takrapraśaṁsa	తక్రప్రశంస		4#15	31
Importance of cold water	śītodakapraśaṃsā	शीतोदकप्रशंसा	callaninīṭipraśaṁsa	చల్లనినీటిప్రశంస		1#64	10
Importance of cow curd	godadhipraśaṃsā	गोदधिप्रशंसा	gōdadhipraśaṁsa	గోదధిప్రశంస	*Bos indicus,* Linnaeus, 1758	3#21	27
Importance of water	udakapraśaṃsā	उदकप्रशंसा	jala praśaṁsa	జల ప్రశంస		1#69	11
Improperly heated ghee	pakvahīnaghṛtaguṇāḥ	पक्वहीनघृतगुणाः	vennaviruguḍunēyi	వెన్నవిరుగుడునేయి		6#4	37
Improperly parched paddy-mūḍhalājā	mūḍhalāja guṇāḥ	मूढलाज गुणाः	eriyanilājalu	ఎరియనిలాజలు	*Oriza sativa* L.	20#27	100
Impure Gold	aśuddhasvarṇabhasma guṇāḥ	अशुद्धस्वर्णभस्म गुणाः	aśuddhasuvarṇaṁ	అశుద్ధసువర్ణం	*Au*	53#9	263
Impure mica	aśuddha abhrakam	अशुद्ध अभ्रकम्	aśuddhābhrakaṁ	అశుద్దాభ్రకం	*K(Mg,Fe)$_3$(AlSi$_3$O$_{10}$)(OH)$_2$ (Biotite)*	62#60	307
Incompatibility between different waters blended	uṣṇaśītajalamiśraṇam	उष्णशीतजलमिश्रणम्	vēḍicallanīru kalupuṭa	వేడిచల్లనీరు కలుపుట		1#83	14
Incompatibility of curd	dadhiviruddhāḥ	दधिविरुद्धाः	dadhiviruddhāḥ	దధివిరుద్ధాः		3#11	26
India nettle	haritamañjarī guṇāḥ	हरितमञ्जरी गुणाः	kuppi	కుప్పి	*Acalypha indica* L.	38#260	225
Indian acalypha leaves	hāritamañjarīśāka guṇāḥ	हारितमञ्जरीशाक गुणाः	mūrukoṁḍakūra	మూరుకొండకూర	*Acalypha indica* L.	24#116	141
Indian Bael	bilva guṇāḥ	बिल्व गुणाः	mārēḍu	మారేడు	*Aegle marmelos* (L.) Correa.	38#134	212
Indian banyan	vaṭa guṇāḥ	वट गुणाः	marri	మర్రి	*Ficus benghalensis* Linn.	38#184	217
Indian banyan tree latex	vaṭakṣīra guṇāḥ	वटक्षीर गुणाः	marripālu	మర్రిపాలు	*Ficus benghalensis* Linn.	38#185	217
Indian barberry	dāruharidrā guṇāḥ	दारुहरिद्रा गुणाः	mrānubasupu	మ్రానుబసుపు	*Berberis aristata* DC.	38#52	203
Indian bdellium-tree resin	guggulu guṇāḥ	गुग्गुलु गुणाः	guggulaṁ	గుగ్గులం	*Commiphora wightii* (Arn.) Bhandari	38#36	201
Indian beech	karañja guṇāḥ	करञ्ज गुणाः	kānugu	కానుగు	*Pongamia pinnata* (L.) Merr.	38#243	223
Indian birth wort	rudrajaṭā guṇāḥ	रुद्रजटा गुणाः	rudrajaṭa	రుద్రజట	*Aristolochia indica* (L.) Merr.	38#204	219
Indian birth wort	īśvarī guṇāḥ	ईश्वरी गुणाः	īśvari	ఈశ్వరి	*Aristolochia indica* (L.) Merr.	38#266	225
Indian black berry	jambū guṇāḥ	जम्बू गुणाः	nērēḍu	నేరేడు	*Syzygium cumini* (L.) Skeels.	38#189	218
Indian Black Berry fruit	jāmbavaphala guṇāḥ	जाम्बवफल गुणाः	allonērēḍupaṁḍu	అల్లొనేరేడుపండు		37#43	189
Indian bowstring heamp	mūrvā guṇāḥ	मूर्वा गुणाः	cāga	చాగ	*Sansevieria roxburghiana* Schult. & Schult.f.	38#163	215
Indian coral tree	vārijam, pāribhadra guṇāḥ	वारिज गुणाः	vārijaṁ	వారిజం	*Erythrina variegata* L.	38#181	217
Indian crane berry, Bengal Currant fruit	karamardaphala guṇāḥ	करमर्दफल गुणाः	kalavikāya	కలవికాయ	*Cassia caranda* L	36#7	177

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Indian devil tree/ Milk wood pine/ Black board tree	saptacchada guṇāḥ	सप्तच्छद गुणाः	ēḍākulaponna	ఏడాకులపొన్న	*Alstonia scholaris* (L.) R. Br.	38#272	226
Indian elecampane	puṣkaramūla	पुष्करमूल गुणाः	puṣkaramūlaṁ	పుష్కరమూలం	*Inula racemosa* Hook.f.	38#34	201
Indian elm tree	ciribilva guṇāḥ	चिरिबिल्व गुणाः	nemalu	నెమలు	*Holoptelea integrifolia (*Roxb..*)* Planch.	38#242	223
Indian fine leaved fumitory	parpaṭa guṇāḥ	पर्पट गुणाः	parpaṭaṁ	పర్పటం	*Fumaria officinalis* L.	38#101	208
Indian Gambose	kaṅkuṣṭhaṃ	कङ्कुष्ठं	kaṁkuṣṭhaṁ	కంకుష్ఠం	*Garcinia cambogia* (Gaertn.) Desr.	62#33	303
Indian gentian	kaṭukī guṇāḥ	कटुकी गुणाः	kaṭukarōhiṇi	కటుకరోహిణి	*Picrorhiza kurroa* Royle ex Benth	38#31	200
Indian gooseberry fruit	dhātrīphala guṇāḥ	धात्रीफल गुणाः	uśirikāya	ఉశిరికాయ	*Phyllanthus emblica* L.	36#1	177
Indian heliotrope	vṛścikālī guṇāḥ	वृश्चिकाली गुणाः	tēlumaṇi	తేలుమణి	*Heliotropium indicum* L.	38#200	219
Indian hemp	gāndhāri guṇāḥ	गान्धारि गुणाः	gaṁjāyi	గంజాయి	*Cannabis indica* Lam.	38#170	216
Indian hog plum	ambaṣṭhajaphala guṇāḥ	अम्बष्ठजफल गुणाः	aṁbāḷapukāya	అంబాళపుకాయ	*Spondias pinnata (*L.f.*)* Kurz.	36#9	178
Indian Hog Plum	ambālaphala guṇāḥ	अम्बालफल गुणाः	aṁbālapupaṁḍu	అంబాలపుపండు	*Spondias mombin* L.	37#37	188
Indian hog plum flowers	āmrātakasya kusuma guṇāḥ	आम्रातकस्यकुसुम गुणाः	aṁbāḷaṁ	అంబాళం	*Spondias pinnata (*L.f.*)* Kurz.	57#21	286
Indian Jalap	trivṛt guṇāḥ	त्रिवृत् गुणाः	tegaḍa	తెగడ	*Operculina turpethum* (L.) Silva Manso	38#108	209
Indian jasmine flowers	kundapuṣpa guṇāḥ	कुन्दपुष्प गुणाः	mollalu	మొల్లలు	*Jasminum multiflorum* (Burm.f.) Andrews	57#19	286
Indian kudzu	vidārī guṇāḥ	विदारी गुणाः	nēlagummuḍu	నేలగుమ్ముడు	*Pueraria tuberosa (*Roxb.*ex* Willd.*)* DC.	38#129	211
Indian long pepper	pippalī guṇāḥ	पिप्पली गुणाः	pippaḷḷu	పిప్పళ్ళు	*Piper longum* L	38#10	197
Indian maddar	mañjiṣṭha guṇāḥ	मञ्जिष्ठ गुणाः	maṁjiṣṭha	మంజిష్ఠ	*Rubia cordifolia* L	38#50	203
Indian mallow	atibalā guṇāḥ	अतिबला गुणाः	kucabala	కుచబల	*Abutilon indicum* (L.) Sweet.	38#194	218
Indian oleander flowers	karavīrapuṣpa guṇāḥ	करवीरपुष्प गुणाः	gannēru	గన్నేరు	*Nerium oleander* L.	57#11	285
Indian olibanum	sallakī guṇāḥ	सल्लकी गुणाः	aṁdugu	అందుగు	*Boswellia serrata* Roxb.ex Colebr.	38#211	220
Indian pea soup	kalāyayūṣa guṇāḥ	कलाययूष गुणाः	śanagakūrakaṭṭu	శనగకూరకట్టు	L*athyrus sativus* L.	19#24	96
Indian red kamala	kampillakam	कम्पिल्लकम्	kaṁpillaṁ	కంపిల్లం	*Mallotus philippinensis* Lam.	62#40	304
Indian redwood	somidruma, māṁsarohiṇī guṇāḥ	सोमिद्रुम, मांसरोहिणी गुणाः	sōmimrānu	సోమిమ్రాను	*Soymida febrifuga (*Roxb..) A.Juss.	38#267	225
Indian rose wood	śiṁśupā guṇāḥ	शिंशुपा गुणाः	iruvuḍu	ఇరువుడు	*Dalbergia sissoo* Roxb..	38#247	224
Indian sarsaparilla	kṛṣṇavallī guṇāḥ	कृष्णवल्ली गुणाः	sugaṁdhipāla	సుగంధిపాల	*Hemidesmus indicus* (L.) *R. Br.*	38#173	216
Indian sarsaparilla root pickle	śāribāmūla haritaka guṇāḥ	शारिबामूल हरितक गुणाः	aḍavimāmonapaccaḍi	అడవిమామొనపచ్చడి	*Hemidesmus indicus* (L.) *R. Br.*	32#18	168

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Indian snow berry	śvetapuritaphala guṇāḥ	श्वेतपूरितफल गुणाः	tellapuluguḍupaṁḍu	తెల్లపులుగుడుపండు	*Securinega leucopyrus* (Willd.) Müll.Arg.	37#73	192
Indian sorrel / pappaṭa	pappaṭaphala guṇāḥ	पप्पटफल गुणाः	pāpaṭikāya	పాపటికాయ	*Pavetta indica* L.	36#22	179
Indian spurge tree	snūhīpayo guṇāḥ	स्नूहीपयो गुणाः	jemuḍu	జెముడు	*Euphorbia neriifolia* L.	38#122	210
Indian spurge tree latex	snūhīpaya guṇāḥ	स्नूहीपयो गुणाः	brahmajemuḍupālu	బ్రహ్మజెముడుపాలు	*Euphorbia neriifolia* L.	38#116	210
Indian trumpet fruit	ṭumbukaphala guṇāḥ	टुम्बुकफल गुणाः	duṁdilapukāya	దుందిలపుకాయ	*Oroxylum indicum* (L.) Vent	36#14	178
Indian trumpet tree	tuṇḍuka guṇāḥ	तुण्डुक गुणाः	duṁdilaṁ	దుందిలం	*Oroxylum indicum* (L.) Vent	38#137	212
Indian White Pea	kalāya guṇāḥ	कलाय गुणाः	laṁkalu	లంకలు	L*athyrus sativus* L.	15#19	71
Indian worm wood leaves	dāntapatra guṇāḥ	दान्तस्यपत्र गुणाः	davanaṁ	దవనం	*Artemisia pallens* Wall. ex DC.	57#25	287
Indian, Malabar kino	asana guṇāḥ	असन गुणाः	vēgisa	వేగిస	*Pterocarpus marsupium* Roxb..	38#251	224
Indication for buffalo milk curd	mahīṣadadhiguṇāḥ	माहिषदधि गुणाः	enupaperugu	ఎనుపపెరుగు	*Bubalus bubalis,* Linnaeus, 1758	3#6	25
Indications for cow milk curd	gavyadadhisevanārhāḥ	गव्यदधिसेवनार्हाः	āvuperugutrāgavalasinavāru	ఆవుపెరుగుత్రాగవలసినవారు	*Bos indicus* Linnaeus, 1758	3#5	25
Indications for intake of buttermilk	takrasevanārhaḥ	तक्रसेवनार्हः	callatrāgavalasinavāru	చల్లత్రాగవలసినవారు		4#11	30
Indications for less water intake	mandapānayogyāḥ	मन्दपानयोग्याः	mitaṁgā nīḷḷu trāgavalasinavāru	మితంగా నీళ్ళు త్రాగవలసినవారు		1#78	12
Indications of Buttermilk	takrasevyāḥ	तक्रसेव्याः	takrtasēvyāḥ	తక్రసేవ్యాఃు		4#20	32
Indrāhva bird meat	indrāhvamāṁsa guṇāḥ	इन्द्राह्वमांस गुणाः	gijigāḍimāṁsaṁ	గిజిగాడిమాంసం		22#61	117
Information about usage flowers from cārucarya text	taccārucaryā	तच्चारुचर्या	taccārucaryā	తచ్చారుచర్యా		57#36	288
Inspissated milk	kīlāṭaṃ	कीलाटं	pālajunnu	పాలజున్ను		2#33	20
Inspissated Sugarcane Juice	phāṇitaguṇāḥ	फाणितगुणाः	karugubellaṁ	కరుగుబెల్లం	*Saccharum officinarum* L.	7#14	43
Intake of food with ghee	ghṛtāpośana guṇāḥ	घृतापोशन गुणाः	ghṛtāpōśanaṁ	ఘృతాపోశనం		43#9	236
Intake of honey along with wood apple pulp	kapitthaphalamadhubhakṣana guṇāḥ	कपित्थफलमधुभक्षन गुणाः	velagapaṁḍutēne	వెలగపండుతేనె		8#35	50
Intake of honey with Chebulic myrobalan	vijayāmadhu guṇāḥ	विजयामधु गुणाः	karakkāyatēne	కరక్కాయతేనె		8#36	50
Intake of honey with garlic	madhuyuktalaśuna guṇāḥ	समधुयुक्तलशुन गुणाः	vellullitēne	వెల్లుల్లితేనె		8#37	50
Intake of water during a meal	bhojanādimadhyāvasānajalapānaguṇāḥ	भोजनादिमध्यावसानजलपानगुणाः	bhōjanaṁ muṁdu, madhya, civara nīḷḷutrāgaṭaṁ	భోజనం ముందు, మధ్య, చివర నీళ్ళుత్రాగటం		1#73	11
Intake of water in accordance with the six seasons			āru ṛtuvulalō nīru trāgu vidhānaṁ	ఆరు ఋతువులలో నీరు త్రాగు విధానం		1#80	13
Intimacy with women	atha strīsevā	अथ स्त्रीसेवा	strīsēva	స్త్రీసేవ		52#	259

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Iron and magnet vessels	āyasa ēvaṁ kānta pātrōpayōga guṇāḥ	आयस एवं कान्त पात्रोपयोग गुणाः	inupatele/ inupakaṁcamu	ఇనుపతెల/ ఇనుపకంచము	*Fe*	48#3	250
Iron pyrites	vimalā guṇāḥ	विमला गुणाः	vimalaṁ	విమలం	*FeS2*	54#19	269
Iron wood flowers	surapunnāgakusuma guṇāḥ	सुरपुन्नागकुसुम गुणाः	suraponna	సురపొన్న	*Mammea suriga (Buch.-Ham. ex Roxb.) Kosterm.*	57#14	285
Itchy elephant foot yam	kaṇḍūsūraṇa guṇāḥ	कण्डूसूरण गुणाः	duradakaṁda	దురదకంద	*Amorphophallus paeoniifolius* (Dennst.) Nicolson	30#2	161
Ivy gourd	bimbīphala guṇāḥ	बिम्बीफल गुणाः	doṁḍakāya	దొండకాయ	*Coccinia grandis (*L.*)* Voigt.	27#35	152
Ivy gourd pickle	bimbīphala haritaka guṇāḥ	बिम्बीफल हरितक गुणाः	doṁḍakāyapaccaḍi	దొండకాయపచ్చడి	*Coccinia grandis (*L.*)* Voigt.	32#9	167
Jack fruit	panasasyaphala guṇāḥ	पनसस्यफल गुणाः	panasakāya	పనసకాయ	*Artocarpus heterophyllus* Lam.	27#18	150
Jack fruit	panasaphala guṇāḥ	पनसफल गुणाः	panasapaṁḍu	పనసపండు	*Artocarpus heterophyllus* Lam.	37#13	184
Jack fruit leaf platter	panasapatrōpayōga guṇāḥ	पनसपत्रोपयोग गुणाः	panasākulavistari	పనసాకులవిస్తరి	*Artocarpus heterophyllus* Lam.	48#10	251
Jackal jujube	bṛhaddīrghaphalam	बृहद्दीर्घफलम्	perikakāya	పెరికకాయ	*Ziziphus oenoplia* (L.) Mill.	27#73	156
Jackal meat	jambūkamāṁsa guṇāḥ	जम्बूकमांस गुणाः	nakkamāṁsaṁ	నక్కమాంసం	*Canis aureus* Linnaeus, 1758	21#44	108
Jackel Jujube	sauvīrajaphala guṇāḥ	सौवीरजफल गुणाः	parikipaṁḍu	పరికిపండు	*Ziziphus oenoplia* (L.) Mill.	37#58	191
Jackel meat	jambūkamāṁsa guṇāḥ	जम्बूकमांस गुणाः	koṁkanakkamāṁsaṁ	కొంకనక్కమాంసం	*Canis aureus* Linnaeus, 1758	21#48	109
Jackfruit seeds	panasabīja guṇāḥ	पनसबीज गुणाः	panasagiṁjalu	పనసగింజలు	*Artocarpus heterophyllus* Lam.	37#22	185
Jaggery smoke	gaṇḍadhūpa guṇāḥ	गण्डधूप गुणाः	gaṁḍadhūpaṁ	గండధూపం		49#17	254
Jaggery-milk-flour sweet	saguḍa-kṣīra-piṣṭaṃ	सगुड-क्षीर-पिष्टं	calimiḍi	చలిమిడి		62#11	300
Jala kodrava	jalakodrava guṇāḥ	जलकोद्रव गुणाः	nirāḷḷu	నిరాళ్ళు	*Paspalum scrobiculatum* L.	14#33	68
Jalakaṅgu	jalakaṅgu guṇāḥ	जलकङ्गु गुणाः	nīṭigunkudhānyaṁ guṇālu	నీటిగున్కుధాన్యం గుణాలు		14#39	68
Jalanāḍikā	jalanāḍikāśākā guṇāḥ	जलनाडिकाशाक गुणाः	nīrutōṭakūra	నీరుతోటకూర		24#51	134
Jasmine flowers	jātīpuṣpa guṇāḥ	जातीपुष्प गुणाः	jājipūlu	జాజిపూలు	*Jasminum grandiflorum* L.	57#2	283
Jasmine flowers	mallikākusuma guṇāḥ	मल्लिकाकुसुम गुणाः	malle	మల్లె	*Jasminum sambac* (L.) Aiton	57#6	284
Java long pepper	gajapippali guṇāḥ	गजपिप्पलि गुणाः	gajapippaḷḷu	గజపిప్పళ్ళు	*Scindapsus officinalis (*Roxb..*)* Schott.	38#16	198
Jewellery	bhūṣaṇa guṇāḥ	भूषण गुणाः	bhūṣaṇaṁ	భూషణం		58#1	291
JEWELLERY, PRECIOUS STONES	ābharaṇavargaḥ	आभरणवर्गः	ābharaṇavargaṁ	ఆభరణవర్గం		58#	291
Jharasī	jharasīśāka guṇāḥ	झरसीशाक गुणाः	cātarāśikūra	చాతరాశికూర	*Trigastrotheca pentaphylla* (L.) Merr.	24#79	137

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Jhillī with big leaves	vistīrṇapatrayuktajhillīśāka guṇāḥ	विस्तीर्णपत्रयुक्तझिल्लीशाक गुणाः	peddākulakōyagūra	పెద్దాకులకోయగూర		24#5	128
Jīvaka	jīvaka guṇāḥ	जीवक गुणाः	jīvakaṁ	జీవకం	*Malaxis wallichii* (Lindl.) King & Pantl. *Synonym. Microstylus wallachii*	38#152	214
Jīvanī leaves	anyajīvanīśāka guṇāḥ	अन्यजीवनीशाक गुणाः	tōṭapālakūra	లోటపాలకూర		24#23	130
Jīvanthi	jīvantī guṇāḥ	जीवन्ती गुणाः	manubāla	మనుబాల	L*eptadenia reticulata (Retz.)* Wight & Arn.	38#150	213
Jīvantī	jīvantīśāka guṇāḥ	जीवन्तीशाक गुणाः	pālakūra	పాలకూర	L*eptadenia reticulata (Retz.)* Wight & Arn.	24#54	134
Juice of betel leaf	tāmbūlarasa guṇāḥ	ताम्बूलरस गुणाः	tāṁbūlarasaṁ	తాంబూలరసం	*Piper betel* L.	55#11	274
Juice of betel leaves	tāmbūlarasa sevana guṇāḥ	ताम्बूलरस सेवन गुणाः	tāṁbūlarasapānaṁ	తాంబూలరసపానం	*Piper betel* L.	55#9	272
Juice of glory bower, bleeding heart	bhārṅgī guṇāḥ	भार्ङ्गी गुणाः	gaṁṭubhāraṁgi	గంటుభారంగి	*Clerodendrum serratum* (L.) *Moon*	38#51	203
Jujube fruit	bādaraphala guṇāḥ	बादरफल गुणाः	rēgupaṁḍu	రేగుపండు	*Ziziphus jujuba* Mill.	37#53	190
Jujube fruit pulp	kolamajjā guṇāḥ	कोलमज्जा गुणाः	rēguguṁju	రేగుగుంజు	*Ziziphus jujuba* Mill.	37#54	190
Kādamba swan meat	kādambahaṁsamāṁsa guṇāḥ	कादम्बहंसमांस गुणाः	kalahaṁsamāṁsaṁ	కలహంసమాంసం		22#52	117
Kādamba swan with black legs meat	kādambhahaṁsamāṁsa guṇāḥ	कादम्भहंसमांस गुणाः	nallanikāḷḷahaṁsamāṁsaṁ	నల్లనికాళ్ళహంసమాంసం		22#53	117
Kaim tree	bhūkadamba guṇāḥ	भूकदम्ब गुणाः	nēlakaḍimi	నేలకడిమి	*Neolamarckia cadamba (*Roxb..*)* Bosser.	38#241	223
Kairavalla	kairavalla guṇāḥ	कैरवल्ल गुणाः	kairavallaṁ	కైరవల్లం		55#17	275
Kāka type Ivy gourd	kākabimbīphala guṇāḥ	काकबिम्बीफल गुणाः	kākidoṁḍapaṁḍu	కాకిదొండపండు	*Coccinia grandis (*L.*)* Voigt.	37#83	194
Kākajambū	kākajambūphala guṇāḥ	काकजम्बूफल गुणाः	kākinērēḍupaṁḍlu	కాకినేరేడుపండ్లు		37#46	189
Kākoli	kākolī guṇāḥ	काकोली गुणाः	kākōli	కాకోలి	Roscoe*a procera Wall.*	38#98	208
Kākoli	kākolī guṇāḥ	काकोली गुणाः	kākōli	కాకోలి	Roscoe*a procera Wall.*	38#151	214
Kalakuta	kālakūṭa	कालकूटविकाराः	kālakūṭavikārālu	కాలకూటవికారాలు		62#67	308
Kālaśeyam buttermilk (curd, water in equal quantity)	kālaśeyaguṇāḥ	कालशेयगुणाः	kālaśēyaṁ	కాలశేయం		4#24	32
Kampa river	kampodakaguṇāḥ	कम्पोदकगुणाः	kaṁpanadinīḷḷu	కంపనదినీళ్ళు		1#17	4
kandusampararka āpūpa	kandusamparkāpūpa guṇāḥ	कन्दुसम्पर्कापूप गुणाः	āḍlu	ఆడ్లు		18#17	91
Kantaka-pada-tarujātam	kaṇṭakapadataru paripakva phala guṇāḥ	कण्टकपदतरु परीपक्व फल गुणाः	muluvelumapaṁḍlu	ములువెలుమపండ్లు		37#75	193
Kaṇṭakipāthottha phala	kaṇṭakipātthottaphala guṇāḥ	कण्टकिपात्थोत्तफल गुणाः	gaṁṭamaddikāya	గంటమద్దికాయ		36#28	180
Kāntāra type of Sugarcane	kāntārṛikṣuguṇāḥ	कान्तारैक्षुगुणाः	kāṁtārapuceraku	కాంతారపుచెరకు		7#6	41
Kapiñjala type of partridge meat	kapiñjalamāṃsa guṇāḥ	कपिञ्जलमांस गुणाः	kumujumāṁsaṁ	కుముజుమాంసం	*Ortygornis pondicerianus (*Gmelin, 1789*)*	22#5	111

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Kāra phala	kāraphala guṇāḥ	कारफल गुणाः	balusukāya	బలుసుకాయ	*Canthium parviflorum* Lam./ *Canthium coromandelicum* (Burm.f.) Alston	36#30	180
Karanda fruit	karamardasya pakvaphala guṇāḥ	करमर्दस्य पक्वफल गुणाः	bakkapaṁḍu	బక్కపండు	*Carissa carandas* L.	37#60	191
Karatoya river	karatoyodaka guṇāḥ	करतोयोदक गुणाः	karatōyōdakanīḷḷu	కరతోయోదకనీళ్ళు		1#13	3
Karavinda oil	karavindatailaguṇāḥ	करविन्दतैलगुणाः	kalavitailaṁ	కలవితైలం	*Carissa carandas* L.	10#1	56
Kardamaviṣa	kardamaviṣa vikārāḥ	कर्दम विष विकाराः	bālaviṣavikārālu	బాలవిషవికారాలు		62#69	308
Karela leave curry	kaṭhillaśāka guṇāḥ	कठिल्लशाक गुणाः	catalikakūra	చతలికకూర	*Momordica charantia* L.	24#117	141
Karīra	karīra guṇāḥ	करीर गुणाः	vedurukommulu	వెదురుకొమ్ములు		36#33	180
Karkāru, trapusa based on ripening stage	vayānusāra karkāru evaṁ trapusaphala guṇāḥ	वयानुसार कर्कारु एवं त्रपुसफल गुणाः	lēta, mudirina dōsakāya guṇālu	లేత, ముదిరిన దోసకాయ గుణాలు	*Cucumis callosus* (Rottler) Cogn./ *Cucumis melo* L.	27#12	149
Karpoora Silajith	śilājit guṇāḥ	शिलाजित् गुणाः	karpūraśilājitu	కర్పూరశిలాజితు		38#70	205
Karpura Clove	karpūralavaṅga guṇāḥ	कर्पूरलवङ्ग गुणाः	karpūralavaṁgālu	కర్పూరలవంగాలు	*Syzygium aromaticum* (L.) Merr. & L.*M.Perry*	38#19	199
Karpūrapārtha phala	karpūrapārthaphala guṇāḥ	कर्पूरपार्थफल गुणाः	karpūramaddikāya	కర్పూరమద్దికాయ	*Caesalpinia sappan* L	36#27	180
Kartarika type brinjal	kartārikāphalam	कर्तारिकाफलम्	katteravaṁkāya	కత్తెరవంకాయ	*Solanum melongena* L.	27#58	155
kāśa	kāśa	काश	kākiceruku	కాకిచెరుకు		38#*	214
Kāsarā	kāsarāśāka guṇāḥ	कासराशाक गुणाः	kāsarakūra	కాసరకూర	*Momordica cymbalaria* (Mok.) Hook.f.	24#41	132
Kāsarākyaphala	kāsarākhyaḥ phala guṇāḥ	कासराख्यः फल गुणाः	kāsarikāya	కాసరికాయ		27#34	152
Kaśeru kanda	kaśerukanda guṇāḥ	कशेरुकन्द गुणाः	namaduṁpa	నమదుంప		30#19	163
Kāśmīra coloured citron fruit	kāśmīravarṇakamātuluṅgaphala guṇāḥ	काश्मीरवर्णकमातुलुङ्गफल गुणाः	kuṁkumamādīphalaṁ	కుంకుమమాదీఫలం	*Citrus medica* L.	37#16	184
Kāśmīra type of citron fruit	kāśmīramātuluṅgaphala guṇāḥ	काश्मीरमातुलुङ्गफल गुणाः	tiyyanimādīphalaṁ	తియ్యనిమాదీఫలం	*Citrus medica* L.	37#15	184
Kaṭṭeṅguṇadurujaṃ	kaṭṭeṅguṇadurujaṃ pakvaphala guṇāḥ	कट्टेङ्गुणदुरुजं पक्वफल गुणाः	kaṭṭeguṇudurupaṁḍu	కట్టెగుణుదురుపండు		37#88	194
Kāveri and Kṛṣṇaveṇī rivers	kāverīkṛṣṇaveṇī udakaguṇāḥ	कावेरीकृष्णवेणी उदक गुणाः	kāvēri nīḷḷu, kṛṣṇavēṇi nīḷḷu	కావేరి నీళ్ళు, కృష్ణవేణి నీళ్ళు		1#11	3
Kebab or kabob	saṁskṛtamāṁsavaṭaka guṇāḥ	संस्कृतमांसवटक गुणाः	maṁsavaṭakālu	మంసవటకాలు		23#47	125
Khala - Generic description	dravyānusārakhala guṇāḥ	द्रव्यानुसारखल गुणाः	dravyānanusariṁci khala sāmānya guṇālu	ద్రవ్యాననుసరించి ఖల సామాన్య గుణాలు		28#8	159
Kharā fruit	kharāphala guṇāḥ	खराफल गुणाः	balusupaṁḍu	బలుసుపండు	*Canthium coromandelicum* (Burm.f.) Alston*; Canthium parviflorum* Lam.*; Canthium dicoccum* (Gaertn.) *Teijsm. & Binn. var. dicoccum*	37#62	191

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Khus Khus	sātalakusuma guṇāḥ	सातलकुसुम गुणाः	kuruvēru	కురువేరు	*Chrysopogon zizanioides* (L.) Roberty, *Synonym. Andropogon muricatum*	57#22	286
Kodo millet	kodrava guṇāḥ	कोद्रव गुणाः	āḷḷu	ఆళ్ళు	*Paspalum scrobiculatum* L.	14#32	68
Kolaṭi kanda	kolaṭikanda guṇāḥ	कोलटिकन्द गुणाः	kōlaṭīkaṁdaṁ	కోలటీకందం		30#25	164
Koradūṣa	koradūṣa guṇāḥ	कोरदूष गुणाः	sarvamainaāḷḷu	సర్వమైనఆళ్ళు	*Paspalum scrobiculatum* L.	14#34	68
Krakara bird meat	krakaramāṁsa guṇāḥ	क्रकरमांस गुणाः			*Perdix sylvatica* (Non valida - Alectoris rufa)	22#13	112
Krakara bird meat	krakaramāṁsa guṇāḥ	क्रकरमांस गुणाः			*Pavo cristatus* (Valida)	22#15	113
Krakara-type partridge meat	krakaramāṁsa guṇāḥ	क्रकरमांस गुणाः	kikkiramāṁsaṁ	కిక్కిరమాంసం	*Perdix sylvatica* (Baker, 1927)	22#4	111
Kṛṣṇābhrakam	kṛṣṇābhrakam	कृष्णाभ्रकं	kṛṣṇābhrakaṁ	కృష్ణాభ్రకం	$K(Mg,Fe)_3(AlSi_3O_{10})(OH)_2$ *(Biotite)*	62#59	307
Kṛṣṇavakravrīhi	kṛṣṇavakravrīhi guṇāḥ	कृष्णवक्रतनुव्रीहि गुणाः	sallavaṁkivaḍlu	సల్లవంకివడ్లు	*Oriza sativa* L.	14#7	65
Kṣaudra type of honey	kṣaudra lakṣaṇaṃ	क्षौद्र लक्षणं	kṣaudraṁ	క్షౌద్రం		8#18	47
Kṣaudraṃ type of honey	kṣaudraṃ	क्षौद्रं	tēne	తేనె		8#6	45
Kṣīra Kākoli	kṣīrakākolikā guṇāḥ	क्षीरकाकोलिका गुणाः	kṣīrakākōḷi	క్షీరకాకోళి	*Lilium polyphyllum D.Don.*	38#99	208
Kṣudraśāli	kṣudraśāli guṇāḥ	क्षुद्रशालि गुणाः	sannavaḍlu	సన్నవడ్లు	*Oriza sativa* L.	14#5	65
Kṣudraśiṁśumāra fish	kṣudraśiṁśumāramāṁsa guṇāḥ	क्षुद्रशिंशुमारमांस गुणाः	piḍukamosali	పిడుకమొసలి		23#29	122
Kubja bāṣpaṃ	kubjabāṣpaśāka guṇāḥ	कुब्जबाष्पशाक गुणाः	gujjugāmaratōṭakūra	గుజ్జగామరతోటకూర	*Amaranthus blitum* L.	24#12	129
Kuccalī śāka	kuccalīśāka guṇāḥ	कुच्चलीशाक गुणाः	kuccalikūra	కుచ్చలికూర		24#112	140
Kuṃjarakarṇā śukta	kuñjarakarṇaśukta guṇāḥ	कुञ्जरकर्णशुक्त गुणाः	balurakkesapulupu	బలురక్కెసపులుపు		28#4	158
Kuraṅga meat	kauraṅgamāṁsa guṇāḥ	कौरङ्गमांस गुणाः	jiṁkamāṁsaṁ	జింకమాంసం	*Tetracerus quadricornis* (Blainville, 1816)	21#17	105
Kurchi	vatsaka guṇāḥ	वत्सक गुणाः	koḍiśapāla	కొడిశపాల	*Holarrhena antidysenterica* (L.) Wall. ex A.DC.	38#83	206
Lac	lākṣā guṇāḥ	लाक्षा गुणाः	lakka	లక్క	*Kerria lacca (Kerr, 1782). Synonym Laccifer lacca*	38#93	207
Lac	lākṣā	लाक्षा	lakka	లక్క	*Kerria lacca (Kerr, 1782). Synonym Laccifer lacca*	62#80	310
Lac smoke	lākṣādidhūpa guṇāḥ	लाक्षादिधूप गुणाः	lakkapāga	లక్కపాగ	*Kerria lacca (Kerr, 1782)/ Laccifer lacca* Cockerell, 1924	49#14	254
Laghvī bird meat	laghvīmāṁsa guṇāḥ	लघ्वीमांस गुणाः	rājilugumāṁsaṁ	రాజిలుగుమాంసం		22#31	115
Lake fish	sārasasambhavamatsyamāṁsa guṇāḥ	सारससम्भवमत्स्यमांस गुणाः	kolaṁkulamīlu	కొలంకులమీలు		23#1	119
Lakṣmaṇā	lakṣmaṇāśāka guṇāḥ	लक्ष्मणाशाक गुणाः	lakṣmīpaṁjikūra	లక్ష్మీపంజికూర	*Ipomoea sepiaria* J.Koenig ex Roxb..	24#103	139

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Lakṣmī tāla toddy	lakṣmītālajamadyaguṇāḥ	लक्ष्मीतालजमद्यगुणाः	śrītāṭimadyaṁ	శ్రీతాటిమద్యం		11#12	58
Land peacock meat	pṛthvīśikhāmāṁsa guṇāḥ	पृथ्वीशिखामांस गुणाः	nēlanemilimāṁsaṁ	నేలనెమిలిమాంసం		22#18	113
Large Droṇapuṣpi	bṛhatvaikuṇṭhaśāka guṇāḥ	बृहद्वैकुण्ठशाक गुणाः	enikitummikūra	ఎనికితుమ్మికూర	L*eucas cephalotes (Roth)* Koch	24#94	138
Large fruits of Bengal Currant	sthūlakaramardaphala guṇāḥ	स्थूलकरमर्दफल गुणाः	ōkāya	ఓకాయ	*Cassia caranda* L.	36#8	177
Large jujube fruit	bṛhatkolaphala guṇāḥ	बृहत्कोलफल गुणाः	gaṁgarēgupaṁḍlu	గంగరేగుపండ్లు	*Ziziphus jujuba* Mill.	37#55	190
Large jujube pickle	mahābadara haritaka guṇāḥ	महाबदर हरितक गुणाः	rēgupaṁḍlapaccaḍi	రేగుపండ్లపచ్చడి	*Ziziphus jujuba* Mill.	32#20	168
Large pointed gourd	bṛhaccḍbilaṃ	बृहच्च्ड्बिलं	kōḍibuḍamakāya	కోడిబుడమకాయ	*Bryonia callosa, or Curcumis utilissimus*	27#80	157
Latā upādakākhya	lataupodakaśāka guṇāḥ	लतौपोदकशाक गुणाः	tīgabaccalikūra	తీగబచ్చలికూర	*Basella alba* L.	24#17	129
Latex from Indian spurge tree	snūhīkṣīraṃ	स्नुहीक्षीरम्	jemuḍupālu	జెముడుపాలు	*Euphorbia neriifolia* L.	2#36	20
Lead utensils	sīsapātrōpayōga gunāḥ	सीसपात्रोपयोग गुणाः	sīsapupātra	సీసపుపాత్ర	*Silica (SiO2), along with sodium oxide (Na2O) and calcium oxide (CaO)*	48#7	250
Leafless mistletoe	jīvantikāphalam	जीवन्तिकाफलम्	pālakāya	పాలకాయ	*Viscum articulatum* Burm.F.	27#65	156
Leafy Vegetable Group	patraśākavargaḥ	पत्रशाकवर्गः	patra-śākavargaṁ	పత్ర-శాకవర్గం		24#	128
Learning of archery	dhanurvidyābhyāsa guṇāḥ	धनुर्विद्याभ्यास गुणाः	viluvadyābhyāsaṁ	విలువద్యాభ్యాసం		45#5	240
Legumes, Pulses	śimbidhānyavargaḥ	शिम्बिधान्यवर्गः	śiṁbidhānyavargaṁ	శింబిధాన్యవర్గం		15#	70
Lehaṣāḍabam	lehaṣāḍaba guṇāḥ	लेहषाडब गुणाः	lēhaṣāḍabaṁ	లేహషాడబం		20#4	98
Lemon	jambīraphala guṇāḥ	जम्बीरफल गुणाः	nimmakāya	నిమ్మకాయ	*Citrus limon* (L.) Osbeck.	36#11	178
Lemon fruit	jambīraphala guṇāḥ	जम्बीरफल गुणाः	gajanimmapaṁḍu	గజనిమ్మపండు	*Citrus limon* (L.) Osbeck.	37#18	185
Lemon fruit	likucaphala guṇāḥ	लिकुचफल गुणाः	nimmapaṁḍu	నిమ్మపండు	*Citrus limon* (L.) Osbeck.	37#19	185
Lentil	masūra guṇāḥ	मसूर गुणाः	ciruśanagalu	చిరుశనగలు	L*ens culinaris Medik.*	15#17	71
Leopard meat	dvīpīmāṁsa guṇāḥ	द्वीपीमांस गुणाः	śivaṁgimāṁsaṁ	శివంగిమాంసం	*Panthera pardus fusca* (Meyer, 1794)	21#39	108
Lichens	śaileyaka guṇāḥ	शैलेयक गुणाः	śailēyakaṁ	శైలేయకం	*Rimelia reticulata* (Taylor) Hale*.; Parmotrema perlatum* (Huds.) M. Choisy*.; Rimelia cirrhatoides (Fée) Kurok; Parmelia omphalodes* (L.) *Ach.*	38#92	207
Life promoting pentad	jīvanapañcamūla guṇāḥ	जीवनपञ्चमूलगुणाः	jīvanapaṁcamūlaṁ	జీవనపంచమూలం		38#154	214
Linseed and safflower oil	kusumbhatailaguṇāḥ	कुसुम्भतैलगुणाः	kusumanūne	కుసుమనూనె	*Carthamus tinctorius* L.	9#13	53
Lion meat	siṁhamāṁsa guṇāḥ	सिंहमांस गुणाः	siṁhaṁmāṁsaṁ	సింహంమాంసం	*Panthera leo persica* (Meyer, 1826)	21#41	108
Liquor from cereal grains	dhānyamadyaguṇaḥ	धान्यमद्यगुणः	tattaddhānyamadyaṁ	తత్తద్ధాన్యమద్యం	*Oriza sativa* L.	11#9	58

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Liquorice root	yaṣṭimadhu guṇāḥ	यष्टिमधु गुणाः	yaṣṭimadhukaṁ	యష్టిమధుకం	*Glycirrhiza glabra* L.	38#39	201
Litharge	bodhārasṛṅgi	बोधारसृङ्गि	bodhāraśṛṁgi	బోధారశృంగి	*PbO (one of the mineral forms of lead(II) oxide)*	62#46	305
Little hogweed, or pursley	loṇikāśāka guṇāḥ	लोणिकाशाक गुणाः	uppikūra	ఉప్పికూర	*Portulaca oleracea* L.	24#107	140
Little ironweed	sahadevā guṇāḥ	सहदेवा गुणाः	sahadēvi	సహదేవి	*Vernonia cinerea* (L.) L*ess., Cyanthillium cinereum* (L.) *H.Rob.*	38#265	225
Lodh tree	lodhra guṇāḥ	लोध्र गुणाः	lodduga	లొద్దుగ	*Symplocos racemosa* Roxb..	38#79	206
Long pepper pickle	toyamāgadhika haritaka guṇāḥ	तोयमागधिक हरितक गुणाः	tōṭapippalipaccaḍi	లోటపిప్పలిపచ్చడి	*Piper longum* L	32#14	168
Long watermelon	dīrghakāliṅgakaphala guṇāḥ	दीर्घकालिङ्गकफल गुणाः	peddapuccakāya	పెద్దపుచ్చకాయ	*Citrullus lanatus (Thunb.)* Matsum. & Nakai.	27#8	148
Lotul leaf petiole	padmavallīdala	पद्मवल्लीदल	padmaputoḍimelu	పద్మపులొడిమెలు	*Nelumbo nucifera* Gaertn.	27#63	155
Lotus flower	tāmarapuṣpa guṇāḥ	तामरपुष्प गुणाः	tāmara	తామర	*Nelumbo nucifera* Gaertn.	57#29	287
Lotus seeds	pauṣkarabīja guṇāḥ	पौष्करबीज गुणाः	tāmaragiṁjalu	తామరగింజలు	*Nelumbo nucifera* Gaertn.	38#220	221
Lotus stem	mṛṇālanāla guṇāḥ	मृणालनाल गुणाः	tāmaratūṁḍlu	తామరతూండ్లు	*Nelumbo nucifera* Gaertn.	29#6	160
Lotus tuber	padmakanda guṇāḥ	पद्मकन्द गुणाः	tāmaragaḍḍa	తామరగడ్డ	*Nelumbo nucifera* Gaertn.	30#17	163
Love vine	anantā, prācitīga (telugu) guṇāḥ	अनन्ता, प्राचितीग गुणाः	prācitīga	ప్రాచితీగ	*Cassytha filiformis* L	38#196	218
Madar, giant milk weed	arka guṇāḥ	अर्क गुणाः	jillēḍu	జిల్లేడు	*Calotropis gigantea* (L.) W.T. Aiton.	38#121	210
Madar, giant milk weed latex	arkakṣīra guṇāḥ	अर्कक्षीर गुणाः	jillēḍupālu	జిల్లేడుపాలు	*Calotropis procera* (Aiton) Dryand.	38#118	210
Madhuhā bird meat	madhuhāmāṁsa guṇāḥ	मधुहामांस गुणाः	tellatōkapiṭṭāmāṁsaṁ	తెల్లతోకపిట్టామాంసం		22#50	117
Madhūka flower liquor	madhūkapuṣpamadyaguṇāḥ	मधूकपुष्पमद्यगुणाः	ippapuvvulamadyaṁ	ఇప్పపువ్వులమద్యం	*Madhuca longifolia* (J.Koenig ex L.) J.F.Macbr.	11#22	59
Madhūka flowers	madhūkapuṣpa guṇāḥ	मधूकपुष्प गुणाः	ippapuvvulu	ఇప్పపువ్వులు	*Madhuca longifolia* (J.Koenig ex L.) J.F.Macbr.	26#16	146
Madhuka fruit	madhūkaphala guṇāḥ	मधूकफल गुणाः	ippapaṁḍu	ఇప్పపండు	*Madhuca longifolia* (J.Koenig ex L.) J.F.Macbr.	37#57	191
Madhūka fruit	madhūkaphala guṇāḥ	मधूकफल गुणाः	ippakāya	ఇప్పకాయ	*Madhuca longifolia* (J.Koenig ex L.) J.F.Macbr.	36#21	179
Madhyama-Pañcamūla	madhyamapañcamūla guṇāḥ	मध्यमपञ्चमूल गुणाः	madhyamapaṁcamūlaṁ	మధ్యమపంచమూలం		38#148	213
Maduśigru	madhuśigrumūla guṇāḥ	मधुशिग्रुमूल गुणाः	kārumunagavēḷḷu	కారుమునగవేళ్ళు	***Moringa concanensis*** *Nimmo ex Dalzell & A.Gibson*	30#27	164
Mahāciḍbila	mahāciḍbalasya pakvaphala guṇāḥ	महाचिड्बलस्य पक्वफल गुणाः	koḍibuḍumapaṁḍu	కొడిబుడుమపండు	*Cucumis callosus* (Rottler) Cogn.	37#77	193
Mahaleb cherry	priyaṅgu guṇāḥ	प्रियङ्गु गुणाः	preṁkaṇaṁ	ప్రెంకణం	*Prunus mahaleb* Linn.	38#67	205

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Mahāviṣa	mahāviṣa	महाविषविकाराः	mahāviṣavikārālu	మహావిషవికారాలు		62#68	308
Mahiṣākṣi type of guggulu	mahisākṣiguggulu guṇāḥ	महिसाक्षिगुग्गुलु गुणाः	mahisākṣi	మహిసాక్షి	*Commiphora wightii* (Arn.) Bhandari	38#37	201
Mākṣika type of honey	mākṣikamadhu guṇāḥ	माक्षिक मधु गुणाः	mākṣikaṁ	మాక్షికం		8#4	45
Mākṣika type of honey	mākṣika lakṣaṇaṃ	माक्षिक लक्षणं	mākṣika lakṣaṇaṁ, mākṣikāṣṭabhēdālu	మాక్షిక లక్షణం, మాక్షికాష్టభేదాలు		8#16	47
Malabhīti fish	malabhītimatsyamāṁsa guṇāḥ	मलभीतिमत्स्यमांस गुणाः	malaṁgumīlu	మలంగుమీలు		23#19	121
Malāpahāri water	malāpahāryudakaguṇāḥ	मलापहार्युदकगुणाः	malāpahāriṇī nīḷḷu	మలాపహారిణీ నీళ్ళు		1#25	4
Male and female animal meat	liṅgabhedena māṁsa guṇāḥ	लिङ्गभेदेनमांस गुणाः	gurulaghubhēdālu	గురులఘుభేదాలు		23#62	127
Male buffalo meat	jāṅgalamahīṣamāṁsa guṇāḥ	जाङ्गलमहिषमांस गुणाः	enubōtumāṁsaṁ	ఎనుబోతుమాంసం	*Bubalus bubalis,* Linnaeus, 1758	21#18	105
Male bustard quail meat	puṁlāvukamāṁsa guṇāḥ	पुंलावुकमांस गुणाः	magalāvukamāṁsaṁ	మగలావుకమాంసం	*Turnix suscitator* (Gmelin, JF, 1789)	22#2	111
Male goat meat	puruṣājāmāṃsa guṇāḥ	पुरुषाजामांस गुणाः	mēkapōtumāṁsaṁ	మేకపోతుమాంసం	*Capra hircus* L*innaeus 1758*	21#22	106
Male sheep meat	meṣamāṁsa guṇāḥ	मेषमांस गुणाः	tagarumāṁsaṁ	తగరుమాంసం	*Ovis aries* Linnaeus, 1758	21#24	106
Maṇḍaśāli	vakra dhānya guṇāḥ	वक्रधान्य गुणाः	bōḍarājanālu	బోడరాజనాలు	*Oriza sativa* L.	14#4	65
Maṇḍūkābhrakaṃ	maṇḍūkābhrakaṃ	मण्डूकाभ्रकं	maṁḍūkābhrakaṁ	మండూకాభ్రకం	$K(Mg,Fe)_3(AlSi_3O_{10})(OH)_2$ *(Biotite)*	62#57	306
Mango	cūta guṇāḥ	चूत गुणाः	māmiḍi	మామిడి	*Mangifera indica* L.	38#191	218
Mango fruit with hardened endocarp	baddhāsthisahakāraphala guṇāḥ	बद्धास्थिसहकारफल गुणाः	mudirinamāmiḍikāya	ముదిరినమామిడికాయ	*Mangifera indica* L.	36#3	177
Mango leaf platter	cūtapatrōpayōga guṇāḥ	चूतपत्रोपयोग गुणाः	māmiḍākulavistari	మామిడాకులవిస్తరి	*Mangifera indica* L.	48#11	251
Mango pickle	cūtaphala haritaka guṇāḥ	चूतफल हरितक गुणाः	māmiḍikāyapaccaḍi	మామిడికాయపచ్చడి	*Mangifera indica* L.	32#15	168
Mangoes grown on the highest branches	mahāgraskandhasaṁjātaphala guṇāḥ	महाग्रस्कन्धसंजातफल गुणाः	muṁda (ta) māmiḍi paṁḍlu	ముంద (త) మామిడి పండ్లు	*Mangifera indica* L.	37#33	187
Mango-ginger	sahakāraharidrā guṇāḥ	सहकारहरिद्रा गुणाः	māmiḍipasupu	మామిడిపసుపు	*Curcuma amada* Roxb.	38#54	203
Marinated and pound meat	baliśayanagṛhītamāṁsa guṇāḥ	बलिशयनगृहीतमांस गुणाः	balitālu	బలితాలు		23#45	124
Marinated and roasted meat	śūlaprotamāṁsa guṇāḥ	शूलप्रोतमांस गुणाः	karrakulle	కర్రకుల్లె		23#46	125
Mārjārapādiphalam	mārjārapādiphala guṇāḥ	मार्जारपादिफल गुणाः	dūlagōvelakāya	దూలగోవెలకాయ	*Mucuna pruriens* (L.) DC.	27#46	153
Marjoram leaves	davana guṇāḥ	दवन गुणाः	davanaṁ	దవనం	*Artemisia pallens* Wall. ex DC.	56#17	280
Mārkaṇḍikā haritaka	markaṇḍikā haritaka guṇāḥ	मर्कण्डिका हरितक गुणाः	karpūramaddikāyapaccaḍi	కర్పూరమద్దికాయపచ్చడి	*Senna alexandrina* Mill.	32#10	167
Markaṭa viṣa	markaṭaviṣa vikārāḥ	मर्कटविष विकाराः	markaṭaviṣavikārālu	మర్కటవిషవికారాలు	*Macaca mulatta (Zimmermann, 1780)*	62#75	309
Marking nut	bhallātakāsthi guṇāḥ	भल्लातकास्थि गुणाः	jīḍipalukulu	జీడిపలుకులు	*Semecarpus anacardium* L.f.	37#51	190

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Marking nut fruit	bhallātakaphala guṇāḥ	भल्लातकफल गुणाः	jīḍipaṁḍu	జీడిపండు	*Semecarpus anacardium* L.f.	37#50	190
Marking nut tree	aruṣkara guṇāḥ	अरुष्कर गुणाः	jīḍigiṁjalu	జీడిగింజలు	*Semecarpus anacardium* L.f.	38#192	218
Marshy land animal meat	ānūpamāṃsa guṇāḥ	आनूपमांस गुणाः	anūpamāṁsaṁ	అనూపమాంసం		23#43	124
Massage	mardana guṇāḥ	मर्दन गुणाः	mardanaṁ	మర్దనం		45#8	241
Massage with butter	navanītābhyaṅga guṇāḥ	नवनीताभ्यङ्ग गुणाः	vennatō aṁṭukonuṭa	వెన్నతో అంటుకొనుట		46#7	244
Massage with ghee	ājyābhyaṅga guṇāḥ	आज्याभ्यङ्ग गुणाः	nēyi aṁṭukonuṭa	నేయి అంటుకొనుట		46#6	244
Massive animals	mahāmṛga vargaḥ	महामृग वर्गः	mahāmṛgavargaṁ	మహామృగవర్గం		21#6	103
Mathita buttermilk (curd curned without water)	mathitaguṇāḥ	मथितगुणाः	mathitaṁ	మథితం		4#21	32
Mattress	talpa guṇāḥ	तल्प गुणाः	parapu	పరపు		61#6	296
Mattress made with silk-cotton	śālmalījanita talpa guṇāḥ	शाल्मलीजनित तल्प गुणाः	būrugudūdiparupu	బూరుగుదూదిపరుపు	*Bombax ceiba* L.	61#8	297
Mature pumpkin	madhyamakūṣmāṇḍaphala guṇāḥ	मध्यमकूष्माण्डफल गुणाः	mudurugummaḍikāya	ముదురుగుమ్మడికాయ	*Cucurbita pepo* L.	27#2	148
Meat of domest pigeon	gṛha kapotaḥ	गृह कपोतः	koṁḍapūreḍumāṁsaṁ	కొండపూరెడుమాంసం	*Columba livia domestica* (Valida)	22#23	114
Meat of krukara	kṛkaramāṁsa guṇāḥ	कृकरमांस गुणाः	pāmulanārigāḍu	పాములనారిగాడు		22#45	116
Meat soup	māṁsarasa guṇāḥ	मांसरस गुणाः	māṁsarasaṁ	మాంసరసం		23#50	125
Medicated oil massage	atha abhyaṅgādivargaḥ	अथ अभ्यङ्गादिवर्गः	abhyaṁgādivargaṁ	అభ్యంగాదివర్గం		46#	243
Medicated oil massage	abhyaṅga guṇāḥ	अभ्यङ्ग गुणाः	abhyaṁgaguṇaṁ	అభ్యంగగుణం		46#1	243
Medicated Smoke Inhalation	dhūmapāna guṇāḥ	धूमपान गुणाः	dhūmapānaguṇaṁ	ధూమపానగుణం		44#1	238
Medicated smoke inhalation group	atha dhūmapānavargaḥ	अथ धूमपानवर्गः	dhūmapānavargaṁ	ధూమపానవర్గం		44#	238
Medicinal Gold ash	suvarṇabhasma guṇāḥ	सुवर्णभस्म गुणाः	suvarṇabhasma	సువర్ణభస్మ	*Au*	53#8	262
Medicinal iron ash	lohabhasma guṇāḥ	लोहभस्म गुणाः	lōhabhasmaṁ	లోహభస్మం	*Fe*	53#17	265
Medicinal iron oxide ash	maṇḍūra guṇāḥ	मण्डूर गुणाः	maṁḍūraṁ	మండూరం	*FeOre*	53#18	265
Medicinal lead and tin ash	nāga, vaṅgabhasma guṇāḥ	नाग, वङ्गभस्म गुणाः	vaṁgabhasmaṁ	వంగభస్మం	*Pb, Sb*	53#15	264
Medicinal Lead ash	nāgabhasma guṇāḥ	नागभस्म गुणाः	nāgabhasmaṁ	నాగభస్మం	*Pb*	53#13	264
Medicinal magnetite ash	kāntabhasma guṇāḥ	कान्तभस्म गुणाः	kāṁtabhasmaṁ	కాంతభస్మం	*Fe*	53#16	264
Mercury	pārada guṇāḥ	पारद गुणाः	pādarasaṁ	పాదరసం	*Hg*	53#1	261
Mercury and minerals	atha rasādivargaḥ	अथ रसादिवर्गः	rasādivargaṁ	రసాదివర్గం		53#	261
Mica	abhrakam, gaurītejaḥ	अभ्रकम्, गौरीतेजः	abhrakaṁ	అభ్రకం	*K(Mg,Fe)₃(AlSi₃O₁₀)(OH)₂ (Biotite)*	62#55	306
Mica essence	abhrakasattvam	अभ्रकसत्त्वम्	abhrakasattvaṁ	అభ్రకసత్త్వం	*K(Mg,Fe)₃(AlSi₃O₁₀)(OH)₂ (Biotite)*	62#62	307
Mild boiled grain	kiñcidvipācya sarvaśimbidhānya guṇāḥ	किञ्चिद्विपाच्य सर्वशिम्बिधान्य गुणाः	sarvamainaguggulḷu	సర్వమైనగుగ్గుళ్ళు		20#32	101

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Militam buttermilk (1part curd, 3 parts of water)	milita guṇāḥ	मिलित गुणाः	militaṁ	మిలితం		4#22	32
Milk	sāmānyakṣīraguṇāḥ	सामान्यक्षीरगुणाः	pālasādhāraṇaguṇālu	పాలసాధారణగుణాలు		2#1	15
Milk boiled in various vessels	kṣīraśṛtapātraguṇāḥ	क्षीरश्रृतपात्रगुणाः	kṣīraśṛtapātra	క్షీరశృతపాత్ర		2#39	21
Milk drawn from animals which exercise, and which do not	vyāyāma-avyāyāmapaśukṣīraguṇāḥ	व्यायाम-अव्यायामपशुक्षीरगुणाः	vyāyāma, avyāyāma paśukṣīraguṇāḥ	వ్యాయామ, అవ్యాయామ పశుక్షీరగుణాः		2#41	21
Milk from cows fed on dry grass	śuṣka ghāsāśanānāṃdhenu dugdham	शुष्क घासाशनानांधेनु दुग्धम्	eṁḍinagaḍḍi mēsina āvupālu	ఎండినగడ్డి మేసిన ఆవుపాలు	*Bos indicus,* Linnaeus, 1758	2#8	16
Milk from cows fed on green grass	haridghāsāśanānāṃ dhenu dugdham	हरिद्घासाशनानां धेनु दुग्धम्	paccigaḍḍimēsina āvupālu	పచ్చిగడ్డిమేసిన ఆవుపాలు	*Bos indicus,* Linnaeus, 1758	2#9	16
Milk from heavy woolly sheep	kambalāvikapayaḥ	कम्बलाविकपयः	boṁtugorrepālu	బొంతుగొర్రెపాలు	*Ovis aries* Linnaeus, 1758	2#20	18
Milk from Madar, Indian giant milk weed latex	arkajaṃ payaḥ	अर्कजं पयः	jillēḍupālu	జిల్లేడుపాలు	*Calotropis gigantea* (L.) W.T. Aiton.	2#37	20
Milk from Pipal tree	vaṭasya kṣīram	वटस्य क्षीरम्	marripālu	మర్రిపాలు	*Ficus religiosa* L.	2#38	20
Milk group	kṣīravarga	क्षीरवर्गः	kṣīravargamu	క్షీరవర్గము		2#	15
Milk hedge	śākhāsnūhīpaya guṇāḥ	शाखास्नूहीपयो गुणाः	kommajemuḍupālu	కొమ్మజెముడుపాలు	*Euphorbia neriifolia* L.	38#117	210
Milk of cow fed on rice-wash water	taṇḍulīdhautatoya-aśana-dhenu dugdham	तण्डुलीधौततोय-अशन-धेनु दुग्धम्	gaḍugu/kuḍiti trāgina āvupālu	గడుగు/కుడితి త్రాగిన ఆవుపాలు	*Bos indicus,* Linnaeus, 1758	2#10	16
Milk of cow fed on sesame flour	piṇyākabhakṣa dhenu dugdham	पिण्याकभक्ष धेनु दुग्धम्	piṁḍinidinē āvupālu	పిండినిదినే ఆవుపాలు	*Bos indicus,* Linnaeus, 1758	2#7	16
Milk of cow with variegated colours	citravarṇadhenudugdham	चित्रवर्णधेनुदुग्धम्	vennela āvupālu	వెన్నెల ఆవుపాలు	*Bos indicus,* Linnaeus, 1758	2#6	16
Milk of primiparous cow	prathamaprasūta dhenu dugdham	प्रथमप्रसूत धेनु दुग्धम्	modaṭisāri īnina āvu pālu	మొదటిసారి ఈనిన ఆవు పాలు	*Bos indicus,* Linnaeus, 1758	2#11	16
Milk of red coloured cow	raktadhenubhavadugdham	रक्तधेनुभवदुग्धम्	errani āvupālu	ఎర్రని ఆవుపాలు	*Bos indicus,* Linnaeus, 1758	2#4	16
Milk of white and black cow	dhavala, kṛṣṇa dhenudugdham	धवल, कृष्ण धेनुदुग्धम्	tellani, nallani āvupālu	తెల్లని, నల్లని ఆవుపాలు	*Bos indicus,* Linnaeus, 1758	2#3	15
Milk of yellow coloured cow	pītadhenubhavadughdam	पीतधेनुभवदुग्धम्	paccani āvupālu	పచ్చని ఆవుపాలు	*Bos indicus,* Linnaeus, 1758	2#5	16
Milk skin , Thick Milk Layer	kṣīrasantānikā guṇāḥ	क्षीरसन्तानिका गुणाः	pālakaṭṭu	పాలకట్టు		19#23	96
Milk Thistle	bhikṣūttamāyyari	भिक्षूत्तमाय्यरि	bōḍataraṁ	బోడతరం	*Silybum marianum* (L.) *Gaertn*	62#14	300
Milk to be avoided	varjakṣīrāṇi	वर्जक्षीराणि	vāḍakūḍani pālu	వాడకూడని పాలు		2#44	22
Milk Yam	kṣīravidārī guṇāḥ	क्षीरविदारी गुणाः	kṣīravidāri	క్షీరవిదారి	*Ipomoea batatas* (L.) Lam.	38#130	211
Mineral pitch	śilājit guṇāḥ	शिलाजित् गुणाः	śilājitu	శిలాజితు		54#20	269
Mirror	ādarśa darśanaṃ	आदर्श दर्शनं	addaṁ	అద్దం		62#5	299
Miscellaneous group	prakīrṇavargaḥ	प्रकीर्णवर्गः	prakīrṇaṁ	ప్రకీర్ణం		62#	298

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Mist	tuṣāraḥ	तुषारः	maṁcu	మంచు		62#23	302
Mistletoe	dvandvara, vandāka guṇāḥ	द्वन्द्वर,वन्दाक गुणाः	badanika	బదనిక	*Dendrophthoe falcata (*L.f.*) Ettingsh.*	38#230	222
Modes of transportation, vehicles	atha yānavargaḥ	अथ यानवर्गः	yānavargaṁ	యానవర్గం		59#	293
Molasses/ treacle liquor	gauḍa-madyaguṇāḥ	गौड-मद्यगुणाः	pulakhaṁḍamadyaṁ	పులఖండమద్యం	*Sugars (sucrose, glucose, and fructose), water, and non-sugar compounds, including minerals and organic acids.*	11#18	59
Mongoose meat	nakulamāṁsa guṇāḥ	नकुलमांस गुणाः	muṁgimāṁsaṁ	ముంగిమాంసం	*Herpestes edwardsii* (É. Geoffroy Saint-Hilaire, 1818)	21#52	109
Mongoose meat	babhrumāṁsa guṇāḥ	बभ्रुमांस गुणाः	veṁgaṭumāṁsaṁ	వెంగటుమాంసం	*Herpestes edwardsii* (É. Geoffroy Saint-Hilaire, 1818)	21#54	109
Mongoose plant or Small Knotweed	sarpākṣi guṇāḥ	सर्पाक्षि गुणाः	sarpākṣi	సర్పాక్షి	*Ophiorrhiza mungos* L *or Polygonum plebeium R.Br.*	38#231	222
Monkey meat	vānaramāṁsa guṇāḥ	वानरमांस गुणाः	kōtimāṁsaṁ	కోతిమాంసం	*Macaca mulatta (Zimmermann, 1780)*	21#43	108
Moon beam	nata guṇāḥ	नत गुणाः	graṁthitagaraṁ	గ్రంథితగరం	*Tabernaemontana divaricata* (L.) R.Br. ex Roem. & Schult.	38#77	206
Moon ray sweet dumplings	śaśāṅkakiraṇaguṇāḥ	शशाङ्ककिरणगुणाः	śaṣāṁkakiraṇaṁ	శషాంకకిరణం		20#8	98
Moonlight	jyotsnā	ज्योत्स्ना	vennela	వెన్నెల		62#29	303
Moringa seeds	śigrubīja guṇāḥ	शिग्रुबीज गुणाः	munagavittulu	మునగవిత్తులు	*Moringa oleifera* Lam	38#221	221
Mountain knot grass	pāṣāṇabhedi guṇāḥ	पाषाणभेदि गुणाः	pāṣāṇabhēdi	పాషాణభేది	*Bergenia ligulata* (Wall.) Engl.	38#69	205
Mountain mustard, white mustard	girirājikāśāka guṇāḥ	गिरिराजिकाशाक गुणाः	vellāvakūra	వెల్లావకూర	*Sinapis alba* L. * *Synonym Brassica hirta*	24#46	133
Mug wort	mācikā guṇāḥ	माचिका गुणाः	mācipatri	మాచిపత్రి	*Artemisia vulgaris* L.	38#203	219
Mukunawanna, water amaranth	matsyākṣīśāka guṇāḥ	मत्स्याक्षीशाक गुणाः	ponnagaṁṭikūra	పొన్నగంటికూర	*Alternanthera sessilis* (L.) R.Br. ex DC.	24#57	134
Mūlakaviṣa	mūlaka viṣavikārāḥ	मूलक विषविकाराः	mūlaka viṣa vikārālu	మూలక విష వికారాలు		62#73	308
Mule meat	aśvataramāṁsa guṇāḥ	अश्वतरमांस गुणाः	vēsaḍapumāṁsaṁ	వేసడపుమాంసం	*Equus asinus* Linnaeus, 1758	21#38	108
Multi pulses soup	śimbidhānyasūpa guṇāḥ	शिम्बिधान्यसूप गुणाः	sarvamainapappulu	సర్వమైనపప్పులు		19#7	93
Muṇḍiśākaṃ	muṇḍīśāka guṇāḥ	मुण्डीशाक गुणाः	bōḍatarapukūra	బోడతరపుకూర	*Sphaeranthus indicus* Linn	24#88	138
Mushroom	bhūmikanda guṇāḥ	भूमिकन्द गुणाः	puṭṭakokku	పుట్టకొక్కు	*Agaricus bisporus* (J.E. Lange) Imbach	30#4	161
Musk as medicine	kastūrī guṇāḥ	कस्तूरी गुणाः	kastūriguṇāḥ	కస్తూరిగుణాः	*Moschus moschiferus* L *(most notably musk ketone (4'-tert-Butyl-2',6'-dimethyl-3',5'-dinitroacetophenone).*	56#4	277

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Musk colour	kastūrī varṇāḥ	कस्तूरी वर्णाः	kastūrivarṇāḥ	కస్తూరివర్ణాः	*Moschus moschiferus* L *(most notably musk ketone (4'-tert-Butyl-2',6'-dimethyl-3',5'-dinitroacetophenone).*	56#2	277
Musk deer	pūtyaṇḍaja guṇāḥ	पूत्यण्डज गुणाः	pillētu	పిల్లేతు	*Moschus moschiferus* L *(most notably musk ketone (4'-tert-Butyl-2',6'-dimethyl-3',5'-dinitroacetophenone).*	56#26	282
Musk Mallow Seeds	śaśicakrāṅgabhīja guṇāḥ	शशिचक्राङ्गबीज गुणाः	karpūrabeṁḍavittulu	కర్పూరబెండవిత్తులు	*Abelmoschus moschatus* Medik.	38#258	225
Musk melon	karkāruphala guṇāḥ	कर्कारुफल गुणाः	muludōsakāya	ములుదోసకాయ	*Cucumis melo* L..	27#11	149
Musk qualities	kastūrī lakṣaṇāḥ	कस्तूरी लक्षणाः	kastūrilakṣaṇaṁ	కస్తూరిలక్షణం	*Moschus moschiferus* L *(most notably musk ketone (4'-tert-Butyl-2',6'-dimethyl-3',5'-dinitroacetophenone).*	56#3	277
Musk varieties	kastūrī prakārāḥ	कस्तूरी प्रकाराः	kastūri	కస్తూరి	*Moschus moschiferus* L *(most notably musk ketone (4'-tert-Butyl-2',6'-dimethyl-3',5'-dinitroacetophenone).*	56#1	277
Muskrat root / ṣaḍgrandhā	vacā guṇāḥ	षड्ग्रन्धा/ वचा गुणाः	vasa	వస	*Acorus calamus* L.	38#64	204
Muskrat root smoke	vacādhūpa guṇāḥ	वचाधूप गुणाः	vacādhūpaṁ	వచాధూపం	*Acorus calamus* L.	49#23	255
Mustakaviṣa	mustakaviṣa vikārāḥ	मुस्तक विष विकाराः	mustakaviṣavikārālu	ముస్తకవిషవికారాలు		62#70	308
Mustard	siddhārthaka guṇāḥ	सिद्धार्थक गुणाः	āvālu	ఆవాలు	*Brassica nigra* (L.) Koch	15#44	74
Mustard leaves	sarṣapaśākam	सर्षपशाक	āvakūra	ఆవకూర	*Brassica juncea* (L.) Czern.	24#42	133
Mustard oil	sarśapatailaguṇāḥ	सर्षपतैलगुणाः	āvanūne	ఆవనూనె	*Brassica juncea* (L.) Czern.	9#14	53
Mustard smoke	sarṣapadhūpa guṇāḥ	सर्षपधूप गुणाः	sarṣapadhūpaṁ	సర్షపధూపం	*Brassica juncea* (L.) Czern.	49#22	255
Myrrh exudate	bola guṇāḥ	बोल गुणाः	bōḷaṁ	బోళం	*Commiphora myrrha* (T. Nees) Engl.	38#78	206
Nābhigaulī	nābhigaulīśāka guṇāḥ	नाभिगौलीशाक गुणाः	boḍḍupāvalikūra	బొడ్డుపావలికూర		24#72	136
Nāgābhrakam	nāgābhrakam	नागाभ्रकम्	nāgābhrakaṁ	నాగాభ్రకం	$K(Mg,Fe)_3(AlSi_3O_{10})(OH)_2$ *(Biotite)*	62#56	306
Nagarī fruit	nagarīphala guṇāḥ	नगरीफल गुणाः	nakkirapaṁḍu	నక్కిరపండు	*Canthium coromandelicum* (Burm.f.) Alston.	37#66	192
Nāla bāṣpaṃ	nālabāṣpaśāka guṇāḥ	नालबाष्पशाक गुणाः	balugāmatōṭakūra	బలుగామతోటకూర	*Amaranthus blitum* L.	24#9	129
Nālika śākaṃ	nālikaśāka guṇāḥ	नालिकशाक गुणाः	tuṁṭikūra	తుంటికూర		24#53	134
Nāranga Flowers	nāraṅgapuṣpa guṇāḥ	नारङ्गपुष्प गुणाः	nāradapaṁḍu puvvu	నారదపండు పువ్వు	*Citrus reticulata* Blanco	57#17	286
Nāranga Flowers	nāraṅgapuṣpa guṇāḥ	नारङ्गपुष्प गुणाः	kaṁciḍa (nāraṁga)	కంచిడ (నారంగ)	*Citrus reticulata* Blanco	57#18	286
Narmada river water	narmadodakaguṇāḥ	नर्मदोदकगुणाः	narmadōdakaṁ	నర్మదోదకం		1#8	2

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Nasal medication	nasya guṇāḥ	नस्य गुणाः	nasyaguṇaṁ	నస్యగుణం		42#1	233
Nasal medication group	atha nasya-vargaḥ	अथ नस्यवर्गः	nasyavargaṁ	నస్యవర్గం		42#	233
Natural lakes	sārasavārigunāḥ	सारसवारिगुणाः	sarassulanīḷḷu	సరస్సులనీళ్ళు		1#40	6
Neem flowers	nimbapuṣpa guṇāḥ	निम्बपुष्प गुणाः	vēpapuvvulu	వేపపువ్వులు	*Azadirachta indica* A. Juss.	26#19	146
Neem fruit	ariṣṭaphala guṇāḥ	अरिष्टफल गुणाः	vēpapaṁḍu	వేపపండు	*Azadirachta indica* A. Juss.	37#79	193
Neem oil	nimbatailaguṇāḥ	निम्बतैलगुणाः	vēpagiṁjala nūne	వేపగింజల నూనె	*Azadirachta indica* A. Juss.	9#17	54
Nepal plantain water	nepālakadalījalaguṇāḥ	नेपालकदलीजलगुणाः	baṁgāḷārāṭinīḷḷu	బంగాళారటినీళ్ళు	*Musa* × *paradisiaca* L.	1#55	8
Nepāla type of Sugarcane	nepālekṣurasaguṇāḥ	नेपालेक्षुरसगुणाः	nēpālapuceraku	నేపాలపుచెరకు	*Saccharum officinarum* L.	7#4	41
Nettle leaved goose foot	vasuka guṇāḥ	वसुक गुणाः	mōdena	మోదెన	*Chenopodium album* L.	38#223	221
Nīlaka type of Sugarcane	nīlakaguṇāḥ	नीलकगुणाः			*Saccharum officinarum* L.	7#9	42
Nīlāñjanam	nīlāñjana guṇāḥ	नीलाञ्जन गुणाः	nīlāṁjanaṁ	నీలాంజనం		41#5	231
Nimba flower papad	pakvānna nimbakusumādivaṭaka guṇāḥ	पक्वान्न निम्बकुसुमादिवटक गुणाः	vēpapuvvuvaḍiyālu	వేపపువ్వువడియాలు	*Azadirachta indica* A. Juss.	34#10	173
Nimba smoke	nimbapatradhūpa guṇāḥ	निम्बपत्रधूप गुणाः	vēpākdhūpaṁ	వేపాకధూపం	*Azadirachta indica* A. Juss.	49#18	254
Nine planets and precious stones	ratna evaṁ graha sambandhaḥ	रत्न ग्रह सम्बन्धः	navagraha uṁgaraṁ	నవగ్రహ ఉంగరం		58#2	291
Niruri	bhūdhātrī guṇāḥ	भूधात्री गुणाः	nēlavuśirika	నేలవుశిరిక	*Phyllanthus amarus* Schumach. & Thonn.	38#171	216
Nivara Rice	nīvāraśāli guṇāḥ	नीवारशालि गुणाः	dūsarivaḍlu	దూసరివడ్లు	*Oriza sativa* L.	14#15	66
Noni fruit	prasādanīphala guṇāḥ	प्रसादनीफल गुणाः	molaṁgukāya	మొలంగుకాయ	*Morinda citrifolia* L.	36#23	179
Northern wind	kaubera mārutaṃ	कौबेर मारुतं	uttarapugāli	ఉత్తరపుగాలి		62#21	302
Nṛpāla variety of banana	nṛpālakadalīphala guṇāḥ	नृपालकदलीफल गुणाः	baṁgāḷapuaraṭipaṁḍlu	బంగాళపుఅరటిపండ్లు	*Musa* × *paradisiaca* L.	37#9	183
Nut grass	bhadramusta guṇāḥ	भद्रमुस्त गुणाः	bhadramustalu	భద్రముస్తలు	*Cyperus rotundus* L.	38#57	203
Nut grass gruel	mustādimaṇḍa guṇāḥ	मुस्तादिमण्ड गुणाः	mustādimaṁḍa	ముస్తాదిమండ	*Cyperus rotundus* L.	16#3	76
Nutgrass	musta guṇāḥ	मुस्ता गुणाः	mustalu	ముస్తలు	*Cyperus rotundus* L.	38#48	202
Nutgrass roots	nāgaramusta guṇāḥ	नागरमुस्त गुणाः	nāgaramustalu	నాగరముస్తలు	*Cyperus rotundus* L.	38#49	202
Nux-vomica fruit	kāraskaraphala guṇāḥ	कारस्करफल गुणाः	muśuṁḍipaṁḍu	ముశుండిపండు	*Strychnos nux-vomica* L	37#80	193
Nyaṅkumāṃsa	nyaṅkumāṃsa guṇāḥ	न्यङ्कुमांस गुणाः	nyaṁkuvumāṁsaṁ	న్యంకువుమాంసం	*Cervus duvaucelii* Cuvier, 1823	21#32	107
Oil	tailaguṇāḥ	तैलगुणाः	tailaguṇālu	తైలగుణాలు		9#2	52
Oil expressed from black sesame	kṛṣṇatilatailaguṇāḥ	कृष्णतिलतैलगुणाः	nallanuvvulanūne	నల్లనువ్వులనూనె	*Sesamum indicum* L.	9#4	52
Oil expressed from red sesame	lohitatailaguṇāḥ	लोहिततैलगुणाः	yarranuvvulanūne	యర్రనువ్వులనూనె	*Sesamum indicum* L.	9#6	52
Oil expressed from small sesame	sūkṣamatailaguṇā	सूक्ष्मतैलगुणाः	cirunuvvulanūne	చిరునువ్వులనూనె	*Sesamum indicum* L.	9#5	52

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Oil expressed from the big variety of sesame	mahātailaguṇāḥ	महातैलगुणाः	peddapuvvulanūne	పెద్దపువ్వులనూనె	*Sesamum indicum* L.	9#3	52
Oil extracted from big castor seed	mahadairaṇḍatailaguṇāḥ	महदैरण्डतैलगुणाः	peddāmudapunūne	పెద్దాముదపునూనె	*Ricinus communis* L.	9#10	53
Oil extracted from small castor seeds	kṣudrairaṇḍatailaguṇāḥ	क्षुद्रैरण्डतैलगुणाः	ciṭṭāmudapunūne	చిట్టాముదపునూనె	*Ricinus communis* L.	9#11	53
Oil extracted from small mustard seeds	sūkṣmasarśapataila guṇāḥ	सूक्ष्मसर्शपतैल गुणाः	ciṭṭāvanūne	చిట్టావనూనె	*Brassica juncea* (L.) Czern.	9#15	53
Oil from coconut shell	nārikelakapālatailaguṇāḥ	नारिकेलकपालतैलगुणाः	nārikēlapucekkatailaṁ	నారికేలపుచెక్కతైలం	*Cocos nucifera* L.	10#8	56
Oil lamp	dīpaḥ	दीपः	dīpaṁ	దీపం		62#32	303
Oil of Agastya seeds	agastyatailaguṇā:	अगस्त्यतैलगुणा:	agaśanūne	అగశనూనె	*Sesbania grandiflora* (L.) Poir.	9#18	54
Oil of Belleric myrobalan	akṣatailaguṇāḥ	अक्षतैलगुणाः	tāḍinūne	తాడినూనె	*Terminalia bellirica* (Gaertn.) Roxb.	9#25	54
Oil of jyotiṣmatī oil	jyotiṣmatītailaguṇāḥ	ज्योतिष्मतीतैलगुणाः	jyōtiṣmatītailaṁ	జ్యోతిష్మతీతైలం	*Celastrus paniculatus* Willd.	9#22	54
Oil of madhuca longifolia	madhūkatailaguṇāḥ	मधूकतैलगुणाः	ippanūne	ఇప్పనూనె	*Madhuca longifolia* (J.Koenig ex L.) J.F.Macbr.	9#19	54
Oil rich cooked food	atisnigdhāhāra guṇāḥ	अतिस्निग्धाहार गुणाः	camurughanamaina vaṁṭakaṁ	చమురుఘనమైన వంటకం		17#54	85
Oils from different part of the plant	drumasāratailavargamāha	द्रुमसारतैलवर्गमाह	drumasāratailavargaṁ	ద్రుమసారతైలవర్గం		10#	56
Okra	śaśicakrāṅgī guṇāḥ	शशिचक्राङ्गी गुणाः	beṁḍa	బెండ	*Abelmoschus esculentus* L. Moench	38#257	224
Old butter	purāṇa navanītaguṇāḥ	पुराण नवनीतगुणाः	patavenna	పతవెన్న		5#3	35
Old honey	purāṇamadhu guṇāḥ	पुराणमधु गुणाः	prātatēne	ప్రాతతేనె		8#25	48
Old jaggery	purāṇaguḍaguṇāḥ	पुराणगुडगुणाः	prātacerakuḍu	ప్రాతచెరకుడు	*Saccharum officinarum* L.	7#16	43
Old liquor	purāṇa madhyaguṇāḥ	पुराण मध्यगुणाः	prātamadyaṁ	ప్రాతమద్యం		11#3	57
Old Tamarind fruit	purāṇatintriṇyā phala guṇāḥ	पुराणतिन्त्रिण्याफल गुणाः	prātaciṁtapaṁḍu	ప్రాతచింతపండు	*Tamarindus indica* Linn.	37#86	194
Onion	palāṇḍu guṇāḥ	पलाण्डु गुणाः	nīrulli	నీరుల్లి	*Allium cepa* L.	30#15	163
Onion leaves	palāṇḍuśāka guṇāḥ	पलाण्डुशाक गुणाः	nīrullikūra	నీరుల్లికూర	*Allium cepa* L.	24#44	133
Open palanquin	āndolikāyāna guṇāḥ	आन्दोलिकायान गुणाः	aṁdalaṁ	అందలం		59#1	293
Order of Nasal medication administration	nasyaprayogavidhih	नस्यप्रयोगविधिः	nasyakramaṁ	నస్యక్రమం		42#2	233
Order, method of urine intake	mūtrasevākramaḥ	मूत्रसेवाक्रमः	mūtrasēvanākramaṁ	మూత్రసేవనాక్రమం		12#11	62
Orpiment	haritāla guṇāḥ	हरिताल गुणाः	haritālaṁ	హరితాలం	As_4S_3	54#12	267
Other Rasālā	anyadrasālā	अन्यद्रसाला				20#*	97
Other variety barbara	anyabarbaraśāka guṇāḥ	अन्यबर्बरशाक गुणाः	maṁcivāyiṁṭakūra	మంచివాయింటకూర	*Cleome viscosa* L	24#65	135
Outer garments	bahiḥ prāvaraṇīya dhāraṇa guṇāḥ	बहिः प्रावरणीय धारण गुणाः	dhōvati	ధోవతి		47#13	248

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Over-cooked and under-cooked rice	odanasya vividhapakvāvastha guṇāḥ	ओदनस्य विविधपक्वावस्थ गुणाः	annaṁ uḍikē vividha daśalu	అన్నం ఉడికే వివిధ దశలు	*Oriza sativa* L.	17#12	80
Owl meat	ulūkamāṁsa guṇāḥ	उलूकमांस गुणाः	gūbamāṁsaṁ	గూబమాంసం	*Bubo bengalensis (Franklin, 1831)*	22#46	116
Ox Gall	gorocana	गोरोचन	gōrōcanaṁ	గోరోచనం	*Bos indicus,* Linnaeus, 1758	13#10	63
Ox-gall	gorocana guṇāḥ	गोरोचन गुणाः	gōrōcanaṁ	గోరోచనం	*Bos indicus,* Linnaeus, 1758	38#89	207
Paccaṭī kanda	paccaṭīkanda guṇāḥ	पच्चटीकन्द गुणाः	paccapaṭṭegaḍḍa	పచ్చపట్టెగడ్డ		30#26	164
Padal	pāṭalā guṇāḥ	पाटला गुणाः	pāṭala	పాటల	*Stereospermum suaveolens (*Roxb..*)* DC.	38#133	212
Paddy, Rice grass	śāliya guṇāḥ	शालिय गुणाः	śāli	శాలి	*Oriza sativa* L.	38#157	214
Pakāla bhātu	pakāla bhātu	पकाल भातु	pakāḷabhātu	పకాళబాతు	*Oriza sativa* L.	17#38	83
Pakṣa vrīhi odana	pakṣavrīhyodana guṇāḥ	पक्षव्रीह्योदन गुणाः	rekkaprāsaṁgulavaṁṭakaṁ	రెక్కప్రాసంగులవంటకం	*Oriza sativa* L.	17#6	79
Pakṣavrīhi	pakṣavrīhi guṇāḥ	पक्षव्रीहि गुणाः	rekkaprāsaṁgulu	రెక్కప్రాసంగులు	*Oriza sativa* L.	14#13	66
Palm foliage fan	tālapatravyajana guṇāḥ	तालपत्रव्यजन गुणाः	tāṭākulavisanakarra	తాటాకులవిసనకఱ్ఱ	*Borassus flabellifer* L.	50#11	257
Palm toddy	tālamadyaguṇaḥ	तालमद्यगुणः	tāṭimadyaṁ	తాటిమద్యం	*Borassus flabellifer* L.	11#10	58
Palm water	tālajalaguṇāḥ	तालजलगुणाः	tāṭinīḷḷu	తాటినీళ్ళు	*Borassus flabellifer* L.	1#59	9
Palmyra fruit kernel	tālamastaka guṇāḥ	तालमस्तक गुणाः	tāṭiguṁju	తాటిగుంజు	*Borassus flabellifer* L.	31#3	165
Palmyra fruit pulp toddy	tālamajjotthamadyaguṇāḥ	तालमज्जोत्थमद्यगुणाः	tāṭimūṁjalamadyaṁ	తాటిమూంజలమద్యం	*Borassus flabellifer* L.	11#11	58
Palmyra palm fruit	tālaphala guṇāḥ	तालफल गुणाः	tāṭipaṁḍu	తాటిపండు	*Borassus flabellifer* L.	37#28	186
Palmyra Palm fruit pulp	tālamajjā guṇāḥ	तालमज्जा गुणाः	ṛtuguṁja	ఋతుగుంజ	*Borassus flabellifer* L.	37#31	187
Palmyra palm sprouts	tālakanda guṇāḥ	तालकन्द गुणाः	tēgalu	తెగలు	*Borassus flabellifer* L.	37#30	187
Palmyra sprouts	tālakanda guṇāḥ	तालकन्द गुणाः	tāṭitēgalu	తాటితెగలు	*Borassus flabellifer* L.	30#23	164
Pandanus	ketakīpuṣpa guṇāḥ	केतकीपुष्प गुणाः	mogalivannulu	మొగలివన్నులు	*Pandanus amaryllifolius* Roxb..	26#17	146
Pandanus foliage fan	ketakīpatra vyajana guṇāḥ	केतकीपत्र व्यजन गुणाः	mogalivisanakarra	మొగలివిసనకఱ్ఱ	*Pandanus amaryllifolius* Roxb..	50#2	256
Panicled fold wing	kākajaṅghā guṇāḥ	काकजङ्घा गुणाः	velumasaṁdhi	వెలుమసంధి	*Dicliptera paniculata (Forssk.) I. Darbyshire/ Peristrophe bicalyculata* (Retz.) *Nees.*	38#225	221
Pārāvata fruit	pārāvataphala guṇāḥ	पारावतफल गुणाः	īḍapaṁḍlu	ఈడపండ్లు	*Diospyros embryopteris* Pers.	37#6	183
Parched paddy-Contraindications	saktuvarjyāḥ	सक्तुवर्ज्याः	saktuvarjyāḥ	సక్తువర్జ్యాः	*Oriza sativa* L.	20#30	101
Parched, flatted aromatic paddy	gandhavrīhīpṛthukā guṇāḥ	गन्धव्रीहीपृथुका गुणाः	maddigaḍavaḍlaṭukulu	మద్దిగడవడ్లటుకులు	*Oriza sativa* L.	20#17	99
Parched, flattend śāli rice	śāliprthuk guṇāḥ	शालिपृथुका गुणाः	rājanālāṭukulu	రాజనాలాటుకులు	*Oriza sativa* L.	20#16	99

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Parched, flattened grains processed in ghee	ghṛtabhṛṣṭapṛthuka guṇāḥ	घृतभृष्टपृथुक गुणाः	nētilō vēyiṁcina aṭukulu	నేతిలో వేయించిన అటుకులు		20#24	100
Parched, flattened grains processed in oil	tailabhṛṣṭapṛthuka guṇāḥ	तैलभृष्टपृथुक गुणाः	nūnelō vēyiṁcina aṭukulu	నూనెలో వేయించిన అటుకులు		20#25	100
Parched, flattened Mṛduśāli	mṛduśālipṛthuka guṇāḥ	मृदुशालिपृथुक गुणाः	sannavaḍla aṭukulu	సన్నవడ్ల అటుకులు		20#18	100
Parched, flattened rice along with sugar- śarkaropetā	śarkaropetapṛthuka guṇāḥ	शर्करोपेतपृथुका गुणाः	paṁcadārāṭukulu	పంచదారాటుకులు	*Oriza sativa* L.	20#21	100
Parched, flattened rice soaked in milk- kṣīrasiktāpṛthuka guṇāḥ	kṣīrasiktāpṛthuka guṇāḥ	क्षीरसिक्तपृथुक गुणाः	pālunnuaṭukulu	పాలున్నుఅటుకులు	*Oriza sativa* L.	20#20	100
Parched, flattened sesamum	tilapṛtuka guṇāḥ	तिलपृथुका गुणाः	nuvvulu aṭukulu	నువ్వులు అటుకులు	*Sesamum indicum* L.	20#22	100
Parched, flattened, flattened rice (pṛthukā- solo)	kevalapṛthuka guṇāḥ	केवलपृथुक गुणाः	vaṭṭiaṭukulu	వట్టిఅటుకులు	*Oriza sativa* L.	20#23	100
Parrot meat	śukamāṁsa guṇāḥ	शुकमांस गुणाः	cilukamāṁsaṁ	చిలుకమాంసం	*Psittacula eupatria (*Linnaeus, 1766*)*	22#29	114
Partially cooked rice	pakvāpakvodanasya guṇāḥ	पक्वापक्वोदनस्य गुणाः	uḍikina, uḍakani annaṁ guṇālu	ఉడికిన, ఉడకని అన్నం గుణాలు	*Oriza sativa* L.	17#13	80
Partridge meat	tittirimāṁsa guṇāḥ	तित्तिरिमांस गुणाः	tītuvamāṁsaṁ	తీతువమాంసం	*Francolinus pondicerianus (*Gmelin, 1789*)*	22#3	111
Partridge meat	tittiramāṁsa guṇāḥ	तित्तिरिमांस गुणाः	tittiripiṭṭamāṁsaṁ	తిత్తిరిపిట్టమాంసం	*Francolinus francolinus* (Linnaeus, 1758)	22#7	112
Pāṭhīna type of fish	pāṭhīnamatsyamāṁsa guṇāḥ	पाठीनमत्स्यमांस गुणाः	gaṁḍumīlu	గండుమీలు		23#11	120
Patravallī upodakā	patravalyaupodakaśāka guṇāḥ	पत्रवल्यौपोदकशाक गुणाः	rācabaccalikūra	రాచబచ్చలికూర	*Basella alba* L.	24#18	130
Pauṇḍraka type of Sugarcane	pauṇḍrakaguṇāḥ	पौण्ड्रकगुणाः	pauṁḍrakaṁ	పౌండ్రకం	*Saccharum officinarum* L.	7#7	42
Pauntikaṃ type of honey	pauntikaṃ	पौन्तिकं	pauntikaṁ	పౌన్తికం		8#7	46
Pauṣpika type of honey	pauṣpika lakṣaṇaṃ	पौष्पिक लक्षणं	pauṣpikaṁ	పౌష్పికం		8#19	47
Pāyasam made of pārāvata phala	pārāvataphalasādhita pāyasa guṇāḥ	पारावतफलसाधित पायस गुणाः	īḍapaṁḍlapāyasaṁ	ఈడపండ్లపాయసం	*Diospyros embryopteris* Pers.	17#48	84
Pāyasam made of sugar cane juice	ikṣu svarasasādhita pāyasa guṇāḥ	इक्षुस्वरससाधित पायस गुणाः	cerukurasapupāyasaṁ	చెరుకురసపుపాయసం	*Saccharum officinarum* L.	17#47	84
Pāyasam prepared with one fourth concentrated milk	pāda śeṣa śrutakṣira pācita pāyasa guṇāḥ	पादशेष श्रृतक्षीर पाचित पायस गुणाः	ānavālapāyasaṁ	ఆనవాలపాయసం	*Oriza sativa* L.	17#44	84
Pāyasam with wheat semiya	godhūma-piṣṭa-vikṛti-sādhita-pāyasa guṇāḥ	गोधूमपिष्टविकृतिसाधित पायस गुणाः	sevapāyasaṁ	సెవపాయసం	*Triticum aestivum* L.	17#46	84
Payasyā	payasyāśāka guṇāḥ	पयस्याशाक गुणाः	manubālakūra	మనుబాలకూర		24#55	134
Peacock feather fan	barhivṛnta vyajana guṇāḥ	बर्हिवृन्त व्यजन गुणाः	visanakarra	విసనకఱ్ఱ	*Pavo cristatus* (Valida)	50#3	256
Peacock feather fan	barhapicchāvyajana guṇāḥ	बर्हपिच्छाव्यजन गुणाः	nemilipurikuṁce	నెమిలిపురికుంచె		50#9	257

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Peacock feather smoke	mayūrapiṁchadhūpa guṇāḥ	मयूरपिंछधूप गुणाः	nemilipuridhūpaṁ	నెమిలిపురిధూపం	*Pavo cristatus* (Valida)	49#19	255
Peacock flower	mahākulī guṇāḥ	महाकुली गुणाः	paiḍitaṁgēḍu	పైడితంగేడు	*Caesalpinia pulcherrima* (L.) *Sw.*	38#161	215
Peacock meat	mayūramāṁsa guṇāḥ	मयूरमांस गुणाः	nemilimāṁsaṁ	నెమిలిమాంసం	*Pavo cristatus* (Valida)	22#14	113
Peacock meat	mayūramāṁsa guṇāḥ	मयूरमांस गुणाः	aḍavinemilimāṁsaṁ	అడవినెమిలిమాంసం		22#16	113
Pearl	mauktika guṇāḥ	मौक्तिक गुणाः	mutyaṁ	ముత్యం	*CaCO3, specifically in the form of aragonite, layered with conchiolin, an organic binding agent*	54#3	266
Peckers	pratudā vargaḥ	प्रतुद वर्गः	pratudavargaṁ	ప్రతుదవర్గం		21#3	102
Peepul tree fruit	aśvatthajaphala guṇāḥ	अश्वत्थजफल गुणाः	rāvipaṁḍu	రావిపండు	*Ficus religiosa* L.	37#71	192
Persimmon fruit	tindukaphala guṇāḥ	तिन्दुकफल गुणाः	tummipaṁḍu	తుమ్మిపండు	*Diospyros tomentosa* Roxb..	37#52	190
Persons contraindicated for brushing teeth	dantadhāvana varjyāḥ	दन्तधावन वर्ज्याः	daṁtadhāvanārjyāḥ	దంతధావనార్జ్యాః		40#2	228
Phulka	polikā guṇāḥ	पोलिका गुणाः	aṁgarollelu	అంగరొల్లెలు	*Triticum aestivum* L.	18#5	89
Pigeon meat	pārāvatamāṁsa guṇāḥ	पारावतमांस गुणाः	pāvurapumāṁsaṁ	పావురపుమాంసం	*Columba livia* Gmelin, 1789	22#35	115
Pillow	upadhāna guṇāḥ	उपधान गुणाः	talagaḍa	తలగడ		61#5	296
Pineapple	anāsaphala guṇāḥ	अनासफल गुणाः	anāsapaṁḍu	అనాసపండు	*Ananas comosus* (L.) Merr.	37#5	183
piṇyākaudana	piṇyākaudana guṇāḥ	पिण्याकौदन गुणाः	kaṁdipulagaṁ	కందిపులగం		17#68	87
Plantain flowers	kadalīpuṣpa guṇāḥ	कदलीपुष्प गुणाः	araṭipuvvulu	అరటిపువ్వులు	*Musa × paradisiaca* L.	26#1	145
Plantain stem pickle	kadalīdaṇḍodbhava haritaka guṇāḥ	कदलीदण्डोद्भव हरितक गुणाः	araṭibōde paccaḍi	అరటిబోదె పచ్చడి	*Musa × paradisiaca* L.	32#8	167
Plantain water	kadalījalaguṇāḥ	कदलीजलगुणाः	araṭinīḷḷu	అరటినీళ్ళు	*Musa × paradisiaca* L.	1#53	8
Plava bird meat	plavamāṁsa guṇāḥ	प्लवमांस गुणाः	kukkaraguṁṭimāṁsaṁ	కుక్కరగుంటిమాంసం	*Phalacrocorax fuscicollis* Stephens, 1826	22#57	117
Pomegranate	dāḍima guṇāḥ	दाडिम गुणाः	dāḍima	దాడిమ	*Punica granatum* L.	38#201	219
Pond fish	taṭākamatsyamāṁsa guṇāḥ	तटाकमत्स्यमांस गुणाः	selayēṭimīlu	సెలయేటిమీలు		23#4	119
Pond water	palvalāmbuguṇāḥ	पल्वलाम्बुगुणाः	paḍiyapaṭlanīḷḷu	పడియపట్లనీళ్ళు		1#38	6
Pond water	palvalāmbuguṇāḥ	पल्वलाम्बुगुणाः	velicapaṭlanīḷḷu	వెలిచపట్లనీళ్ళు		1#39	6
Pongamia oil	karañjabījatailaguṇāḥ	करञ्जबीजतैलगुणाः	krānuganūne	క్రానుగనూనె	*Pongamia pinnata* (L.) Merr.	9#20	54
Poppy seeds	postubīja guṇāḥ	पोस्तुबीज गुणाः	gasagasālu	గసగసాలు	*Papaver somniferum* L.	37#40	188
Porcupine flower	saireyakapuṣpa guṇāḥ	सैरेयकपुष्प गुणाः	gōraṁṭa	గోరంట	*Barleria prionitis* L.	57#28	287
Porcupine flower plant	sthairyaka guṇāḥ	स्थैर्यक गुणाः	mulugōraṁṭa	ములుగోరంట	*Barleria prionitis* L.	38#198	219
Pork lard	vārāhamāṁsasambhūtasarpi guṇāḥ	वाराहमांससम्भूतसर्पि गुणाः	paṁdineyyi	పందినెయ్యి	*Sus* Linnaeus, 1758	23#56	126

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Porridge made from milk	suślakṣṇakṣīrapiṣṭādhisādita pāyasa guṇāḥ	सुश्लक्ष्णक्षीरपिष्टादिसाधित पायस गुणाः	pālajāva	పాలజావ		17#49	84
Porridge made from Śukta, flour of viśira	śuktaviśirapiṣṭasādhitaudana guṇāḥ	शुक्तविशिरपिष्टसाधितौदन गुणाः	caldivaṁṭakaṁ	చల్దివంటకం		17#35	83
Possessing of weapons	āyudhadhāraṇa guṇāḥ	आयुधधारण गुणाः	āyudhadhāraṇaṁ	ఆయుధధారణం		45#6	241
Pounded and processed meat	deśavāra guṇāḥ	देशवार गुणाः	kālcinamāṁsaṁ	కాల్చినమాంసం		23#52	125
Practicing of martial arts and physical exertion	yuyudhipariśrama guṇāḥ	युयुधिपरिश्रम गुणाः	sāmu	సాము		45#12	242
Pramaḷī fish	pramalīmatsyamāṁsa guṇāḥ	प्रमलीमत्स्यमांस गुणाः	paṁkemeṭṭulu	పంకెమెట్టులు		23#17	121
Precious stones	ratnāni	रत्नानि	ratnālu	రత్నాలు		54#1	266
PRECIOUS STONES, GEMS	atha ratnāni	अथ रत्नानि	ratnavargaṁ	రత్నవర్గం		54#	266
Preparation of catechu	khadirasārakalpana vidhiḥ	खदिरसारकल्पन विधिः	khadirasārakramaṁ	ఖదిరసారక్రమం	*Acacia catechu* (L.f.) Willd	55#15	275
Preparation of peya (gruel)	peyapākavidhiḥ	पेयपाकविधिः	pēyalakṣaṇaṁ	పేయలక్షణం		16#20	78
Prickly brinjal	nidigdhika	निदिग्धिक	vākuḍukāya	వాకుడుకాయ	*Solanum melongena* L.	27#61	155
Prickly chaff	pratyakpuṣpī, apāmārga guṇāḥ	प्रत्यक्पुष्पी गुणाः	uttarēṇi	ఉత్తరేణి	*Achyranthes aspera* Linn.	38#180	217
Procedure of boiling water	jalapākavidhiḥ	जलपाकविधिः	nīḷḷukācēvidhaṁ	నీళ్ళుకాచేవిధం		1#67	10
Procedure of consuming milk	kṣīrasevanavidhiḥ	क्षीरसेवनविधिः	kṣīrasēvanavidhi	క్షీరసేవనవిధి		2#42	21
Processed myofibrils	raktakhaṇḍa guṇāḥ	रक्तखण्ड गुणाः	nallagūra	నల్లగూర		23#49	125
Properties of honey	madhu guṇāḥ	मधु गुणाः	tēneguṇaṁ	తేనెగుణం		8#27	48
Properties of Rasānjana	rasāñjana guṇāḥ	रसाञ्जन गुणाः				41#*	231
Proportions of smoking wick						44#2	238
Proso millet	varaka guṇāḥ	वरक गुणाः	paragalu	పరగలు	*Panicum miliaceum* Linn	14#37	68
Puffed rice	lāja guṇāḥ	लाज गुणाः	pēlālu	పేలాలు	*Oriza sativa* L.	20#26	100
Pūga/ mahā karamarda oil	pūgatailaguṇāḥ	पूगतैलगुणाः	pōkatailaṁ	పోకతైలం	*Areca catechu* L.	10#2	56
Puging cassia fruit	rājavṛkṣaphala guṇāḥ	राजवृक्षफल गुणाः	rēlapaṁḍu	రేలపండు	*Cassia fistula* Linn	37#84	194
Pulse Soups	sūpavargamāha	सूपवर्गमाह	sūpavargaṁ	సూపవర్గం		19#	93
Pumpkin flowers	kūṣmāṇḍapuṣpa guṇāḥ	कूष्माण्डपुष्प गुणाः	gummaḍipuvvulu	గుమ్మడిపువ్వులు	*Benincasa hispida* (Thunb.) Cogn.	26#20	146
Pumpkin fruit ripening stages	vaysānusāra kūṣmāṇḍaphala guṇāḥ	वयसानुसार कूष्माण्डफल गुणाः	gummaḍikāya avastha guṇālu	గుమ్మడికాయ అవస్థ గుణాలు	*Benincasa hispida* (Thunb.) Cogn.	27#4	148
Puncture vine	śvadaṁṣṭrā guṇāḥ	श्वदंष्ट्रा गुणाः	pallēru	పల్లేరు	*Tribulus terrestris* J.St.-Hil. ex H.Ohashi & K.Ohashi	38#142	212
Puṇḍarīkaviṣa	puṇḍarīka viṣa vikārāḥ	पुण्डरीक विषविकाराः	puṁḍarīkaviṣavikārālu	పుండరీకవిషవికారాలు		62#71	308
Pungent vegetable	kaṭuśāka	कटुशाक गुणाः	gorimiḍikūra	గోరిమిడికూర		24#86	138

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Punnāga phala	punnāgaphala guṇāḥ	पुन्नागफल गुणाः	ponnakāya	పొన్నకాయ	*Calophyllum inophyllum* L.	36#26	180
Purging croton	nepāladantī guṇāḥ	नेपालदन्ती गुणाः	nēpāḷadaṁtimūlaṁ	నేపాళదంతిమూలం	*Croton tiglium* L.	38#112	209
Purging croton	dantibījam	दन्तिबीजम्	nēpāḷālu	నేపాళాలు	*Croton tiglium* L.	62#63	307
Purging croton seeds	nepāladantībīja guṇāḥ	नेपालदन्तीबीज गुणाः	nēpālavittulu	నేపాలవిత్తులు	*Croton tiglium* L.	38#113	210
Purified Mercury	śodhitapārada guṇāḥ	शोधितपारद गुणाः	śōdhitarasaṁ	శోధితరసం	*Hg*	53#2	261
Purified ox gall/ cow bezoar/ cow stone	gorocana	गोरोचनं	gōrōcanaṁ	గోరోచనం		62#10	300
Purple amaranth	lūnabāṣpaśāka guṇāḥ	लूनबाष्पशाक गुणाः	nuvudoṁṭakūra	నువుదొంటకూర	*Amaranthus blitum* L.	24#6	128
Purple amaranth or Guernsey pigweed	bāṣpaśāka guṇāḥ	बाष्पशाक गुणाः	doggalikūra	దొగ్గలికూర	*Amaranthus blitum* L.	24#7	128
Purple yam	piṇḍāluka guṇāḥ	पिण्डालुक गुणाः	mōhaḷaṁ	మోహళం	*Dioscorea alata* L.	30#8	161
Puṣaṇī	puṣaṇī guṇāḥ	पुषणी गुणाः	pūṣanālu	పూషనాలు		18#6	89
Puṣpa-añjana	puṣpāñjana guṇāḥ	पुष्पाञ्जन गुणाः	puṣpāṁjanaṁ	పుష్పాంజనం		41#4	230
Qualities of butter prepared from milk	kṣīrottha navanītaguṇāḥ	क्षीरोत्थ नवनीतगुणाः	pālavenna	పాలవెన్న		5#4	35
Qualities of Hand Fan	vyajana guṇāḥ	व्यजन गुणाः	visanakar̲ra	విసనకఱ్ఱ		50#10	257
Qualities of Pongamia seeds	karaṁjabījapiṇyāka guṇāḥ	करंजबीजपिण्याक गुणाः	kānugupiṁḍi	కానుగుపిండి	*Pongamia pinnata* (L.) Merr.	35#5	176
Qualities Udaśvit, Mathitaṃ, Takram, Daṇḍāhataṃ, Kālaśeyam, Golakaṃ, Bāhumathitaṃ, Militaṃ, Ṣāḍabaṃ, Atimilitaṃ	tadguṇāḥ	तद्गुणाः				4#14	30
Quantity of nasal drops	nasya parimāṇa	नस्य परिमाणम्	nasyaparimāṇaṁ	నస్యపరిమాణం		42#7	234
Rabbit hunting eagle meat	śaśaghnimāṁsa guṇāḥ	शशघ्निमांस गुणाः	kuṁdēṭi āṭaḍēga	కుందేటి ఆటడేగ	*Aquila chrysaetos* (Linnaeus, 1758)	22#43	116
Rabbit meat	śaśamāṁsa guṇāḥ	शशमांस गुणाः	kuṁdēṭimāṁsaṁ	కుందేటిమాంసం	L*epus nigricollis* F. Cuvier, 1823	21#20	105
Radish	mūlakaśāka guṇāḥ	मूलकशाक गुणाः	mullaṁgikūra	ముల్లంగికూర	*Raphanus sativus* L.	24#20	130
Radish fruit	mūlaka phalam	मूलकं फलम्	mullaṁgikāya	ముల్లంగికాయ	*Raphanus sativus* L.	27#82	157
Rāgaṃ	rāga guṇāḥ	राग गुणाः	rāgaṁ	రాగం		20#2	97
Rain	vṛṣṭiḥ	वृष्टिः	vāna	వాన		62#25	302
Rainwater	ākāśagaṅgodakaguṇāḥ	आकाशगङ्गोदकगुणाः	ākāśagaṁgōdakaṁ	ఆకాశగంగోదకం		1#4	2
Rainwater	antarikṣajala guṇāḥ	अन्तरिक्षजल गुणाः	aṁtarikṣajalaṁ	అంతరిక్షజలం		1#35	6
Rājādana phala	rājādanaphala guṇāḥ	राजादनफल गुणाः	pālapaṁḍlu	పాలపండ్లు		37#25	186
Rājasaugandhika flower	rājasaugandhikapuṣpa guṇāḥ	राजसौगन्धि कपुष्प गुणाः	rājakaluva	రాజకలువ		57#31	287
Rājīvamatsya fish	rājīva matsyamāṁsa guṇāḥ	राजीव मत्स्यमांस गुणाः	maccamīlu	మచ్చమీలు		23#25	121

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Rajmahal Hemp sour gruel	moraṭaśukta guṇāḥ	मोरटशुक्त गुणाः	cēgoṇidepulupu	చేగొణిదెపులుపు	*Marsdenia tenacissima* (Roxb..) Wight et Arn.,	28#3	158
Raktabāṣpaṃ	raktabāṣpaśāka guṇāḥ	रक्तबाष्पशाक गुणाः	erragāmatōṭakūra	ఎర్రగామతోటకూర	*Amaranthus blitum* L.	24#11	129
Rambhāsāra water	a type of banana/rambhāsāraguṇāḥ	रम्भासारगुणाः	amṛtapāṇi araṭi nīḷḷu	అమృతపాణి అరటి నీళ్ళు	*Musa × paradisiaca* L.	1#56	9
Ranmoong	mudgaparṇī guṇāḥ	मुद्गपर्णी गुणाः	kārupesaravēḷḷu	కారుపెసరవేళ్ళు	*Phaseolus trilobus* Ait.	38#146	213
Rapeseed, Mustard	sarṣapa guṇāḥ	सर्षप गुणाः	āvālu	ఆవాలు	*Brassica rapa* L.	38#33	201
Rat ear leaf	ākhukarṇaśāka guṇāḥ	आखुकर्णिशाक गुणाः	elukacevikūra	ఎలుకచెవికూర	Merr*emia emarginata* (Burm.F.) Hall.F	24#105	140
Rat excreta	mūṣikā viḍ	मूषिका विड्	elukapeṁṭikalu	ఎలుకపెంటికలు	*Rattus rattus* (Linnaeus, 1758)	13#8	63
Rat meat (variety of)	gandhamūṣikamāṁsa guṇāḥ	गन्धमूषिकमांस गुणाः	cuṁḍelukamāṁsaṁ	చుండెలుకమాంసం	*Rattus rattus* (Linnaeus, 1758)	21#51	109
Rathāṅga bird meat	rathāṅgamāṃsa guṇāḥ	रथाङ्गमांस गुणाः	cakravākapumāṁsaṁ	చక్రవాకపుమాంసం		22#55	117
Ratio of three myrobalan	triphalā anupātaḥ	त्रिफला अनुपातः	triphalakūrcēkramaṁ	త్రిఫలకూర్చేక్రమం	*Terminalia chebula* Retz., *Terminalia bellerica* (Gaertn.) Roxb.., *Emblica officinalis Gaertn./Phyllanthus emblica* L	38#6	197
Rat-torn and burnt clothes	mūṣikऽviddha evaṁ dagdha vastra dhāraṇa guṇāḥ	मूषिकविद्ध एवं दग्ध वस्त्र धारण गुणाः	mūśikadagdhavastraṁ	మూశికదగ్ధవస్త్రం		47#23	249
Raw Mango Pickle	sārāmlaharitaka guṇāḥ	साराम्लहरितक गुणाः	tanaṁbulu paccaḍi	తనంబులు పచ్చడి	*Mangifera indica* L.	32#16	168
Raw meat	ārdramāṁsa guṇāḥ	आर्द्रमांस गुणाः	paccimāṁsaṁ	పచ్చిమాంసం		23#54	126
Realgar	maṇaḥśilā guṇāḥ	मणःशिला गुणाः	maṇiśila	మణిశిల	As_4S_4	54#14	268
Recipes made from Dhānyāmla	dhānyāmlasādhitaudana guṇāḥ	धान्याम्लसाधितौदन गुणाः	kalinivaṁdinavaṁṭakaṁ	కలినివందినవంటకం	*Oriza sativa* L.	17#29	82
Red brinjal	raktavārtākam	रक्तवार्ताकम्	erravaṁkāya	ఎర్రవంకాయ	*Solanum melongena* L.	27#55	155
Red castor oil	raktairaṇḍatailaguṇāḥ	रक्तैरण्डतैलगुणाः	errāmudapunūne	ఎర్రాముదపునూనె	*Ricinus communis* L.	9#9	53
Red coloured clothes	japākusumasaṅkāśa vastra dhāraṇa guṇāḥ	जपाकुसुमसङ्काश वस्त्र धारण गुणाः	toṁpucīra	తొంపుచీర		47#9	247
Red coloured sorghum/jowar	raktavarṇamahoddāla guṇāḥ	रक्तवर्णमहोद्दाल गुणाः	peddaerrajonnalu	పెద్దఎర్రజొన్నలు	*Sorghum bicolor* (L.) Moench	14#22	67
Red Cowpea	raktavarṇarājamāṣa guṇāḥ	रक्तवर्णराजमाष गुणाः	errani alasaṁdalu	ఎర్రని అలసందలు	*Vigna unguiculata* (L.) Walp.	15#22	72
Red crow meat	raktavartmakamāṁsa guṇāḥ	रक्तवर्त्मकमांस गुणाः	camarukākimāṁsaṁ	చమరుకాకిమాంసం	*Pyrrhocorax pyrrhocorax* (Linnaeus, 1758)	22#41	116
Red dolichos beans	lohitaniṣpāva guṇāḥ	लोहितनिष्पाव गुणाः	erra anumulu	ఎర్ర అనుములు	L*ablab purpureus* (L.) Sweet	15#32	73
Red Droṇapuṣpi	vaikuṇṭhaśāka guṇāḥ	वैकुण्ठशाक गुणाः	errratummikūra	ఎర్రతుమ్మికూర	L*eucas cephalotes (Roth)* Koch	24#93	138
Red fish	lohitamatsyamāṁsa guṇāḥ	लोहितमत्स्यमांस गुणाः	erramīlu	ఎర్రమీలు		23#10	120
Red gram soup	āḍakīsūpa guṇāḥ	आढकीसूप गुणाः	kaṁdipappu	కందిపప్పు	*Hepper Cajanus cajan* (L.)	19#4	93

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Red gram soup	tuvarīyūṣa guṇāḥ	तुवरीयूष गुणाः	kaṁdikaṭṭu	కందికట్టు	*Sweet Cajanus cajan* (L.)	19#17	95
Red Kamala, Kumkum tree	kampillaka guṇāḥ	कम्पिल्लक गुणाः	kaṁpillaṁ	కంపిల్లం	*Mallotus philippinensis* Lam.	38#85	206
Red kidney bean soup	rājamāṣasūpa guṇāḥ	राजमाषसूप गुणाः	alasaṁdapappukaṭṭu	అలసందపప్పుకట్టు	*Phaseolus vulgaris* L.	19#5	93
Red kidney bean soup	rājamāṣodbhavayūṣa guṇāḥ	राजमाषोद्भवयूष गुणाः	alasaṁdakaṭṭu	అలసందకట్టు	*Phaseolus vulgaris* L.	19#19	95
Red linseed	raktoma guṇāḥ	रक्तोम गुणाः	yaḷḷagaśalu	యళ్ళగశలు	*Linum usitatissimum* L.	15#41	74
Red mercury sulphide	sindhūra guṇāḥ	सिन्धूर गुणाः	siṁdhūraṁ	సింధూరం	*HgS*	53#5	261
Red oxide of Mercury	girisindhūram	गिरिसिन्धूरम्	girisiṁdhūraṁ	గిరిసింధూరం	*HgO*	62#45	305
Red rice	raktaśāli guṇāḥ	रक्तशालि गुणाः	errarājanālu	ఎర్రరాజనాలు	*Oriza sativa* L.	14#1	65
Red rice	raktavrīhi guṇāḥ	रक्तव्रीहि गुणाः	erraprāsaṁgulu	ఎర్రప్రాసంగులు	*Oriza sativa* L.	14#9	66
Red Rice Liquor	raktaśālibhavamadyaguṇāḥ	रक्तशालिभवमद्यगुणाः	maddigaḍarājanapumadyaṁ	మద్దిగడరాజనపుమద్యం	*Oriza sativa* L.	11#5	57
Red sandal	kucandana guṇāḥ	कुचन्दन गुणाः	kucaṁdanaṁ	కుచందనం	*Pterocarpus santalinus* L.f.	38#88	207
Red seed variety of Rosary pea, Indian liquorice	raktaguñjā guṇāḥ	रक्तगुञ्जा गुणाः	erraguruviṁda	ఎర్రగురువింద	*Abrus precatorius* L.	38#127	211
Red Sesame	śoṇāstila guṇāḥ	शोणातिल गुणाः	erranuvvulu	ఎర్రనువ్వులు	*Sesamum indicum* L.	15#35	73
Red sorghum/ jowar	lohitastaṇḍuloddāla guṇāḥ	लोहितस्तण्डुलोद्दाल गुणाः	erramūlaviśākhajonnalu	ఎర్రమూలవిశాఖజొన్నలు	*Sorghum bicolor* (L.) Moench	14#25	67
Red spiderling plant	punarnavā	पुनर्नवा	tellagalijēru	తెల్లగలిజేరు	*Boerhavia diffusa* L.	62#15	301
Red sulphide of mercury	sindhūram	सिन्धूरम्	siṁdhūraṁ	సింధూరం	*HgS*	62#34	303
Reddish green gram	gauramudga guṇāḥ	गौरमुद्ग गुणाः	errapesalu	ఎర్రపెసలు	*Vigna radiata* (L.) R. Wilczek	15#7	70
Redgram	āḍhakī guṇāḥ	आढकी गुणाः	kaṁdulu	కందులు	*Cajanus cajan* (L.) Millsp.	15#23	72
Reflection oneself in the ghee	ājyāvekṣana	आज्यावेक्षणं	ajyāvēkṣaṇaṁ	అజ్యావేక్షణం		62#82	310
Residence, place of habitation	atha vāsasthānavargaḥ	अथ वासस्थानवर्गः	vāsasthānavargamu	వాసస్థానవర్గము		51#	258
Result of milk consumed at various times of the day	trikālakṣīraguṇāḥ	त्रिकालक्षीरगुणाः	trikālakṣīraṁ	త్రికాలక్షీరం		2#43	21
Result of wiping with cloth	snānānantaraṁ vastrenataṇvodvartana guṇāḥ	स्नानान्तरं वस्त्रेणतन्वोद्वर्तन गुणाः	taḍivottucīra	తడివొత్తుచీర		47#1	246
Results of bathing	snānaguṇāḥ	स्नानगुणाः	snānaguṇaṁ	స్నానగుణం		46#9	244
Results of foot massage	pādasaṁhanana guṇāḥ	पादसंहनन गुणाः	kāḷḷabaṭṭiṁcuṭa	కాళ్ళబట్టించుట		45#4	240
Rhinoceros meat	khaḍgamāṁsa guṇāḥ	खड्गमांस गुणाः	khaḍgamāṁsaṁ	ఖడ్గమాంసం	*Rhinoceros unicornis* Linnaeus, 1758	21#33	107
Rice and dry ginger gruel	śuṇṭhītaṇḍulasaṁsiddhā peya guṇāḥ	शुण्ठीतण्डुलसंसिद्धपेय गुणाः	śoṁṭhibiyyaṁgaṁji	శొంఠిబియ్యంగంజి	*Oriza sativa* L. *& Zingiber officinale* Roscoe	16#10	77
Rice cooked from three-year old grain	trivarṣasthitavrīhyodana guṇāḥ	त्रिवर्षस्थितव्रीह्योदन गुणाः	mūḍēṁḍlavaḍlavaṁṭakaṁ	మూడేండ్లవడ్లవంటకం	*Oriza sativa* L.	17#8	80
Rice cooked with black gram	māṣānna guṇāḥ	माषान्न गुणाः	minupapulagaṁ	మినుపపులగం	*Vigna mungo* (L.) Hepper	17#64	87

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Rice cooked with butter milk	śuktapiṣṭasāditaudana guṇāḥ	शुक्तपिष्टसादितौदन गुणाः	pulisinapiṁḍitō saṁskariṁcina annaṁ	పులిసినపిండితో సంస్కరించిన అన్నం	*Oriza sativa* L.	17#32	82
Rice cooked with Cowpea	rājamāṣakṛsara guṇāḥ	राजमाषकृसर गुणाः	alasaṁdapulagaṁ	అలసందపులగం	*Vigna unguiculata* (L.) Walp.	17#65	87
Rice cooked with de-husked green gram	nistuṣamudgānna guṇāḥ	निस्तुषमुद्गान्न गुणाः	nolpupappupulagaṁ	నొల్లుపప్పుపులగం	*Vigna radiata* (L.) R. Wilczek	17#63	87
Rice cooked with Dolichos beans	niṣpāvakṛsara guṇāḥ	निष्पावकृसर गुणाः	anupapulagaṁ	అనుపపులగం	L*ablab purpureus* (L.) Sweet	17#66	87
Rice cooked with horse gram	kulatthakṛsara guṇāḥ	कुलत्थकृसर गुणाः	ulvapulagaṁ	ఉల్వపులగం	*Macrotyloma uniflorum (*Lam.*)* Verdc	17#67	87
Rice cooked with Indian White Pea	kalāyakṛsara guṇāḥ	कलायकृसर गुणाः	nuvupulagaṁ	నువుపులగం	L*athyrus sativus* L.	17#70	87
Rice cooked with leafy vegetables	śākaudana guṇāḥ	शाकौदन गुणाः	kūrākulapulagaṁ	కూరాకులపులగం		17#73	88
Rice cooked with meat	māṁsasiddhaudana guṇāḥ	मांससिद्धौदन गुणाः	maṁsaudanaṁ	మంసౌదనం	*Oriza sativa* L.	17#41	83
Rice cooked with red gram	āḍhakakṛsara guṇāḥ	आढककृसर गुणाः	śanapulagaṁ	శనపులగం	*Cajanus cajan* (L.) Millsp.	17#69	87
Rice cooked with sesame seeds	tilakṛsara guṇāḥ	तिलकृसर गुणाः	piṁḍikūdu	పిండికూడు	*Sesamum indicum* L.	17#71	87
Rice cooked with Śukta	śuktasādhitodana guṇāḥ	शुक्तसाधितोदन गुणाः	calladrabbeḍā/ aṁbaṭi	చల్లద్రబ్బెడా/ అంబటి	*Oriza sativa* L.	17#31	82
Rice cooked with turmeric	haridrāmilitaudana guṇāḥ	हरिद्रामिलितौदन गुणाः	paccavaṁṭakaṁ	పచ్చవంటకం	*Oriza sativa* L.	17#42	83
Rice cooked without draining water	aniḥsṛtodana guṇāḥ	अनिःसृतोदन गुणाः	yāgiriki	యాగిరికి	*Oriza sativa* L.	17#30	82
Rice gruel	kāñjikaguṇāḥ	काञ्जिकगुणाः	dhānyāmlabhēdālu	ధాన్యామ్లభేదాలు	*Oriza sativa* L.	11#26	60
Rice kept standing over-night	ekarātroṣitaudana guṇāḥ	एकरात्रौषितौदन गुणाः	pulivaṁṭakaṁ	పులివంటకం		17#36	83
Rice made with green gram	mudgānna guṇāḥ	मुद्गान्न गुणाः	pesarapulagaṁ	పెసరపులగం	*Vigna radiata* (L.) R. Wilczek	17#62	86
Rice prepared with gavedhuka piṣṭa	gavedukapiṣṭasādhitaudana guṇāḥ	गवेधुकपिष्टसाधितौदन गुणाः	tamedāṁbali	తమెదాంబలి	*Coix lacryma-jobi.*	17#34	83
Rice prepared with śukta piṣṭa	takrasādhitaudana guṇāḥ	तक्रसाधितौदन गुणाः	majjigatōsaṁskariṁcina annaṁ guṇaṁ	మజ్జిగతోసంస్కరించిన అన్నం గుణం	*Oriza sativa* L.	17#33	82
Rice, milk and jaggery sweet dish	pāyasaudana guṇāḥ	पायसौदन गुणाः	pāyasaṁ	పాయసం	*Oriza sativa* L.	17#43	84
Rice-flour liquor	śālipiṣṭamadya guṇāḥ	शालिपिष्टमद्य गुणाः	rājanapumadyaṁ	రాజనపుమద్యం	*Oriza sativa* L.	11#4	57
Ridge gourd pickle	kośātakīphala haritaka guṇāḥ	कोशातकीफल हरितक गुणाः	bīrakāyapaccaḍi	బీరకాయపచ్చడి	L*uffa acutangula* (L.) Roxb..	32#21	169
Ridged gourd	kośātakīphala guṇāḥ	कोशातकीफल गुणाः	bīrakāya	బీరకాయ	L*uffa acutangula* (L.) Roxb..	27#24	150
Ripe bitter gourd	paripakvakāravallīphala guṇāḥ	परिपक्वकारवल्लीफल गुणाः	kākarapaṁḍu	కాకరపండు	*Momordica charantia* L.	27#29	151
Ripe Cluster fig fruit	udumbaraphala guṇāḥ	उदुम्बरफल गुणाः	mēḍipaṁḍlu	మేడిపండ్లు	*Ficus racemosa* L.	37#41	188
Ripe coconut	pakvanārikela guṇāḥ	पक्वनारिकेल गुणाः	nārikēlapupaṁḍu	నారికేలపుపండు	*Cocos nucifera* L.	37#23	185
Ripe Indian dates pickle	pakvapārāvataphala haritaka guṇāḥ	पक्वपारावतफल हरितक गुणाः	īḍapaṁḍlapaccaḍi	ఈడపండ్లపచ్చడి	*Phoenix sylvestris* (L.) Roxb..	32#12	167

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Ripe Ivy gourd	bimbīphala guṇāḥ	बिम्बीफल गुणाः	cēdudoṁḍapaṁḍu	చేదుదొండపండు	*Coccinia grandis (*L.*)* Voigt.	37#63	191
Ripe lemon fruit	likucaphala guṇāḥ	लिकुचफल गुणाः	nimmapaṁḍu	నిమ్మపండు	*Artocarpus lakoocha* Roxb..	36#12	178
Ripe mango	pakvacūtaphala guṇāḥ	पक्वचूतफल गुणाः	māmiḍipaṁḍlu	మామిడిపండ్లు	*Mangifera indica* L.	37#32	187
Ripe pointed gourd	madhyama ciḍbila	मध्यम चिड्बिलम्	mudurubuḍamakāya	ముదురుబుడమకాయ	*Trichosanthes dioica* Roxb.	27#78	157
Ripe pumpkin	pakvakūṣmāṇḍaphala guṇāḥ	पक्वकूष्माण्डफल गुणाः	gummaḍipaṁḍu	గుమ్మడిపండు	*Benincasa hispida* (Thunb.) Cogn.	27#3	148
Ripe snap melon	pakva urvārukaphala guṇāḥ	पक्व उर्वारुकफल गुणाः	muludōsapaṁḍu	ములుదోసపండు	*Cucumis melo* L. *var. momordica* Duthie & Fuller.	37#48	189
Ripe tamarind fruit	ciñcicāphalam	चिञ्चिचाफलम्	muduruciṁtakāya	ముదురుచింతకాయ	*Tamarindus indica* Linn.	27#76	157
Ripe watermelon	pakvakāliṅgakaphala guṇāḥ	पक्वकालिङ्गकफल गुणाः	puccapaṁḍu	పుచ్చపండు	*Citrullus lanatus (Thunb.)* Matsum. & Nakai.	27#9	149
Ritha, soap-nut	sātalā guṇāḥ	सातला गुणाः	saṁbarēṇu	సంబరేణు	*Acacia sinuata* (Lour.) Merr.	38#120	210
River fish	nadyudbhavamatsyamāṁsa guṇāḥ	नद्युद्भवमत्स्यमांस गुणाः	nūtimīlu	నూతిమీలు		23#2	119
River water that flows westward	pratīcivāhinījalaṃ guṇaṃ	प्रतीचिवाहिनीजलं गुणं	paḍamaṭabārina yēṭiniḷḷu	పడమటబారిన యేటినిళ్ళు		1#9	2
Rock salt	saindhavalavaṇa guṇāḥ	सैन्धवलवण गुणाः	saiṁdhavalavaṇaṁ	సైంధవలవణం	*NaCl, with trace amounts of other minerals like calcium, magnesium, potassium, and sulfate*	38#74	205
Rock salt	saindhava lavaṇam	सैन्धव लवणम्	saiṁdhavalavaṇaṁ	సైంధవలవణం	*NaCl, with trace amounts of other minerals like calcium, magnesium, potassium, and sulfate*	62#47	305
Rosary pea flowers	atimuktapuṣpa guṇāḥ	अतिमुक्तपुष्प गुणाः	guruviṁda	గురువింద	*Abrus precatorius* L.	57#16	285
Rosary pea, Indian liquorice	guñjā guṇāḥ	गुञ्जा गुणाः	guruviṁda	గురువింద	*Abrus precatorius* L.	38#125	211
Round bottle gourd	vartulālābu guṇāḥ	वर्तुलालाबु गुणाः	kuṁḍānagapukāya	కుండానగపుకాయ	L*agenaria siceraria* (Molina) Standl.	27#6	148
Round pea	kalāya guṇāḥ	कलाय गुणाः	śanagalu/baṭhāṇīlu	శనగలు/బఠాణీలు	*Pisum sativum* L.	15#14	71
Round pea soup	kalāyasūpa guṇāḥ	कलायसूप गुणाः	baṭhāṇīlapappukaṭṭu	బఠాణీలపప్పుకట్టు	*Pisum sativum* L.	19#6	93
Round Stuffed Indian Bread	valayāpūpa guṇāḥ	वलयापूप गुणाः	gārelu	గారెలు		18#11	90
Ruby	māṇikya guṇāḥ	माणिक्य गुणाः	māṇīkyaṁ	మాణిక్యం	$Al_2O_3:Cr$	54#2	266
Rudrākṣa	rudrākṣaguṇaṃ	रुद्राक्षगुणं	rudrākṣa	రుద్రాక్ష	*Elaeocarpus angustifolius Blume.*	62#39	304
Rushabaka	ṛṣabhaka guṇāḥ	ऋषभक गुणाः	ṛṣabhakaṁ	ఋషభకం	*Malaxis muscifera* (Lindl.) Kuntze	38#153	214
Śabarī	śabarīmatsyamāṁsa guṇāḥ	शबरीमत्स्यमांस गुणाः	vālikamīlu	వాలికమీలు		23#16	121
Sabestan plum	śleṣmātakaphala guṇāḥ	श्लेष्मातकफल गुणाः	gaṁgavirigikāya	గంగవిరిగికాయ	*Cordia sebestena* L.	36#13	178

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Sacrificial grass	darbha guṇāḥ	दर्भ गुणाः	darbha	దర్భ	*Desmostachya bipinnata* (L.) *Stapf*	38#155	214
ṣāḍabaṃ	ṣāḍaba guṇāḥ	षाडब गुणाः	ṣāḍabaguṇaṁ	షాడబగుణం		20#5	98
Ṣāḍabaṃ buttermilk (1 part curd, 5 parts water)	ṣāḍabaguṇāḥ	षाडबगुणाः	ṣābaḍaṁ	షాబడం		4#23	32
Safflower	kusumbhabīja guṇāḥ	कुसुम्भबीज गुणाः	kusumalu	కుసుమలు	*Carthamus tinctorius* L.	15#42	74
Saffron clothes	kāṣāyavastradhāraṇa guṇāḥ	काषायवस्त्रधारण गुणाः	kaṣāyavastraṁ	కషాయవస్త్రం		47#4	246
Saffron clothes like lotus seedpod colour	kamalodarābha kāṣāyavastra dhāraṇa guṇāḥ	कमलोदराभ काषायवस्त्र धारण गुणाः	kāvicira	కావిచిర		47#5	246
Saffron flower	kuṅkumapuṣpa guṇāḥ	कुङ्कुमपुष्प गुणाः	kuṁkumapūvu	కుంకుమపూవు	*Crocus sativus* L.	56#14	280
Sage leaved Alangium	aṅkola guṇāḥ	अङ्कोल गुणाः	ūḍūgu	ఊడూగు	*Alangium lamarckii* Thwaites	38#179	217
Sage-leaved alangium fruit	aṅkolasyaphala guṇāḥ	अङ्कोलस्यफल गुणाः	ūḍugupaṁḍu	ఊడుగుపండు	*Alangium salvifolium* (L.f.) Wang.	37#81	193
Sahasraśāka bāṣpaṃ	sahasrabāṣpaśāka guṇāḥ	सहस्रबाष्पशाक गुणाः	sahasrākulatōṭakūra	సహస్రాకులతోటకూర	*Amaranthus blitum* L.	24#10	129
Sahsradaṃṣṭra fish	sahasradaṁṣṭramatsyamāṁsa guṇāḥ	सहस्रदंष्ट्र मत्स्यमांस गुणाः	soramīnu	సొరమీను		23#22	121
śāka	śākaguṇāḥ	शाकगुणाः	śākaguṇamu	శాకగుణము		24#113	140
Śākakanda	śākakanda guṇāḥ	शाककन्द गुणाः	kōyagūraduṁpa	కోయగూరదుంప		30#20	163
Śākhā type of banana fruit	śākhākadalīphala guṇāḥ	शाखाकदलीफल गुणाः	komma araṭipaṁḍlu	కొమ్మ అరటిపండ్లు	*Musa × paradisiaca* L.	37#10	183
Śākhādalyā phalam	bālaśākhākadalyāḥ phala guṇāḥ	बालशाखाकदल्याः फल गुणाः	lētakommularaṭikāya	లేతకొమ్మలరటికాయ	*Musa × paradisiaca* L.	27#15	149
Śākhāmṛganakhākhya-śimbī	śākhāmṛganakhākhya śimbī phala guṇāḥ	शाखामृगनखाख्य शिम्बी फल गुणाः	kōtigōrucikkuḍukāya	కోతిగోరుచిక్కుడుకాయ	*Cyamopsis tetragonoloba* (L.) Taub.	27#40	153
Śakuli	śakulī matsyamāṁsa guṇāḥ	शकुली मत्स्यमांस गुणाः	dammilālu	దమ్మిలాలు		23#24	121
Sal resin	sarjarasa guṇāḥ	सर्जरस गुणाः	sajjarasaṁ	సజ్జరసం	*Shorea robusta* Gaertn.f.	38#38	201
Sal resin smoke	sarjarasadhūpa guṇāḥ	सर्जरसधूप गुणाः	sarjarasadhūpaṁ	సర్జరసధూపం	*Shorea robusta* Gaertn.f.	49#10	253
Sālā leaf sprouts	sālāṅkura guṇāḥ	सालाङ्कुर गुणाः	ēpeciguḷḷu	ఏపెచిగుళ్ళు	*Shorea robusta* Roth	25#6	143
Śalki fish	śalkimatsyamāṁsa guṇāḥ	शल्किमत्स्यमांस गुणाः	jallalu	జల్లలు		23#21	121
Salt, turmeric pickled meat pieces	paṭukhaṇḍamāṁsa guṇāḥ	पटुखण्डमांस गुणाः	uppukhaṁḍalu	ఉప్పుఖండలు		23#44	124
Sāmudrapaṅkila fish	samudrapaṅkilamāṁsa guṇāḥ	समुद्रपङ्किलमांस गुणाः	sāmudrapaṁkilanamēmatsyaṁ	సాముద్రపంకిలనమేమత్స్యం		23#33	122
Sand	vālukā	वालुका	vālukaṁ	వాలుకం	*Sio2*	62#35	304
Sandal wood smoke	śrīkhaṇḍa, gandha dhūpa	श्रीखण्ड, गन्ध धूपम्	śrīgandhadhūpaṁ	శ్రీగన్ధధూపం	*Santalum album* L.	49#4	252
Sandalwood	śrīgandha guṇāḥ	श्रीगन्ध गुणाः	śrīgaṁdhaṁ	శ్రీగంధం	*Santalum album* L.	56#11	279
Sandalwood varieties	candana guṇāḥ	चन्दन गुणाः	caṁdanaṁ	చందనం	*Santalum album* L.	56#12	279

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Śaṅkhodbhava meat	śaṅkodbhavamāṁsa guṇāḥ	शङ्कोद्भवमांस गुणाः	śaṁkhapunattalu	శంఖపునత్తలు	*Turbinella pyrum* (Linnaeus, 1758)	23#36	123
Sapphire	nīla guṇāḥ	नील गुणाः	nīlaṁ	నీలం	Al_2O_3	54#8	267
Sapphire berry tree	sābara lodhra guṇāḥ	शाबरलोध्र गुणाः	tellalodduga	తెల్లలొద్దుగ	*Symplocos paniculata* (Thunb.) Miq.	38#80	206
Saptalā	saptalāśāka guṇāḥ	सप्तलाशाक गुणाः	saṁbarēṇikūra	సంబరేణికూర		24#82	137
Śarabha māṃsaṃ	śarabhamāṁsa guṇāḥ	शरभमांस गुणाः	śarabhamāṁsaṁ	శరభమాంసం	*Cervus canadensis* Erxleben, 1777	21#31	107
Sarala devadāru oil	saraladevadārutailaguṇāḥ	सरलदेवदारुतैलगुणाः	saraladēvadārutailaṁ	సరలదేవదారుతైలం	*Pinus roxburghii* Sarg.	10#4	56
Śārapadaḥ	śārapadamāṁsa guṇāḥ	शारपदमांस गुणाः	śārapadamāṁsaṁ	శారపదమాంసం	*Pinus roxburghii* Sarg.	22#25	114
Sārasa bird meat	sārasamāṁsa guṇāḥ	सारसमांस गुणाः	peggorremāṁsaṁ	పెగ్గొర్రెమాంసం	*Grus antigone* (Linnaeus, 1758)	22#54	117
Sarasvati river	sarasvatījala guṇāḥ	सरस्वतीजल गुणाः	sarasvatīnadinīḷḷu	సరస్వతీనదినీళ్ళు		1#12	3
Sarayū river	sarayūvārigunāḥ	सरयूवारिगुणाः	sarayūnadinīḷḷu	సరయూనదినీళ్ళు		1#21	4
Śārikā bird	śārikāmāṁsa guṇāḥ	शारिकामांस गुणाः	pūkicilukamaṁsaṁ	పూకిచిలుకమంసం	*Acridotheres tristis* (Linnaeus, 1766)	22#30	114
Śārṅgārī	śārṅgārīśāka guṇāḥ	शार्ङ्गरीशाक गुणाः	puliciṁcilipukūra	పులిచించిలిపుకూర		24#49	133
Śārṅgārikā	śārṅgarikāśāka guṇāḥ	शार्ङ्गरिकाशाक गुणाः	ciṁcilapukūra	చించిలపుకూర		24#50	134
Śārṅgeṣṭa	śārṅgeṣṭāśāka guṇāḥ	शार्ङ्गेष्टाशाक गुणाः	gurujakūra	గురుజకూర		24#78	137
Śaśaśṛṅga	śaśaśṛṅgaphala guṇāḥ	शशशृङ्गफल गुणाः	cēṭakommalu	చేటకొమ్మలు		36#31	180
Sasi Chakrāngi	sugandhā śaśicakrāṅgī guṇāḥ	सुगन्धा शशिचक्राङ्गी गुणाः	karpūrabeṁḍa	కర్పూరబెండ	*Abelmoschus moschatus* Medik.	38#256	224
Śataparvaka type of Sugarcane	śataparvaguṇāḥ	शतपर्वगुणाः	śataparvaṁ	శతపర్వం		7#5	41
Satiating foods	santarpaṇaguṇāḥ guṇāḥ	सन्तर्पणगुणाः	saṁtarpaṇaṁ	సంతర్పణం	*Oriza sativa* L.	20#29	101
Sauvīrāñjana	sauvīrāñjanaguṇāḥ	सौवीराञ्जनगुणाः	sauvīrāṁjanaṁ	సౌవీరాంజనం		41#2	230
Screw pine flowers	ketakīkusuma guṇāḥ	केतकीकुसुम गुणाः	mogalipuṣpaṁ	మొగలిపుష్పం	*Pandanus odorifer* (Forssk.) Kuntze.	57#4	283
Screw-bean	śamīphalam	शमीफलम्	jammikāya	జమ్మికాయ	*Prosopis cineraria* (L.) Druce	27#67	156
Screw-Pine fruit	ketakīmastaka guṇāḥ	केतकीमस्तक गुणाः	mogaliguṁju	మొగలిగుంజు	*Pandanus odorifer* (Forssk.) Kuntze.	31#6	165
Sea crab	samudrakarkāṭakamāṁsa guṇāḥ	समुद्रकर्काटकमांस गुणाः	samudrapueṁḍra	సముద్రపుఎండ్ర	*Portunus sanguinolentus* (Herbst, 1783)	23#32	122
Sea fish	sāmudramatsyamāṁsa guṇāḥ	सामुद्रमत्स्यमांस गुणाः	samudrapumīlu	సముద్రపుమీలు		23#9	120
Sea froth-Cuttle fish bone	samudraphenam	समुद्रफेनम्	samudraphēnaṁ	సముద్రఫేనం		62#36	304
Sea salt	sāmudra lavaṇam	सामुद्र लवणम्	samudralavaṇaṁ	సముద్రలవణం	$NaCl$	62#51	306
Sea water	samudrodakaguṇāḥ	समुद्रोदकगुणाः	samudrapunīḷḷu	సముద్రపునీళ్ళు		1#48	7

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Season wise buttermilk usage	ṛtuṣu takrapānakramaḥ	ऋतुषु तक्रपानक्रमः	ṛtuvulalō takrapānakramaṁ	ఋతువులలో తక్రపానక్రమం		4#30	34
Senna	ākulīkusuma guṇāḥ	आकुलीकुसुम गुणाः	taṁgēḍupuvvulu	తంగేడుపువ్వులు	*Senna alexandrina* Mill.	26#15	146
Senna leaf	dharākulī guṇāḥ	धराकुली गुणाः	nēlataṁgēḍu	నేలతంగేడు	*Cassia senna* L.	38#162	215
Sesame	tila guṇāḥ	तिल गुणाः	nuvvulu	నువ్వులు	*Sesamum indicum* L.	15#34	73
Sesame decoction gargle	tilakalkodakagaṇḍūṣa guṇāḥ	तिलकल्कोदकगण्डूष गुणाः	tilakalkōdakagaṁḍūṣaṁ	తిలకల్కోదకగండూషం	*Sesamum indicum* L.	43#4	235
Sesame flour	tilapiṇyāka guṇāḥ	तिलपिण्याक गुणाः	telikapiṁḍi	తెలికపిండి	*Sesamum indicum* L.	35#1	175
Sesame flowers	tilapuṣpa guṇāḥ	तिलपुष्प गुणाः	nuvupuvvulu	నువుపువ్వులు	*Sesamum indicum* L.	26#14	146
Sesame fryums	tilādivaṭaka guṇāḥ	तिलादिवटक गुणाः	nuvvuvaḍiyālu	నువ్వువడియాలు	*Sesamum indicum* L.	34#5	172
Sevali	sevali guṇāḥ	सेवलि गुणाः	saravaḍālu	సరవడాలు		18#7	89
Sex with fickle minded woman	lolāstrīsaṅgama guṇāḥ	लोलास्त्रीसङ्गम गुणाः	lōlastrīsaṁgamaṁ	లోలస్త్రీసంగమం		52#6	260
Sex with very young woman	bālāstrīsaṅgama guṇāḥ	बालास्त्रीसङ्गम गुणाः	bālāstrīsaṁgamaṁ	బాలాస్త్రీసంగమం		52#3	259
Sexual Intercourse frequency as per the season	ṛtvanusārastrīsaṅgama guṇāḥ	ऋत्वनुसारस्त्रीसङ्गम गुणाः	ṛtuṣustrīsaṁgamaṁ	ఋతుషుస్త్రీసంగమం		52#7	260
Shade	chāyā	छाया	nīḍa	నీడ		62#28	303
Shade of mango tree	cūtachāyā	चूतछाया	cūtachāya	చూతచాయ	*Mangifera indica* L.	62#9	300
Shal Leafed Bush	śāliparṇī guṇāḥ	शालिपर्णी गुणाः	muyyākuponna	ముయ్యాకుపొన్న	*Desmodium gangeticum* (L.) *DC*	38#141	212
Shallow wells	śauṇḍajalaguṇāḥ	शौण्डजलगुणाः	donanīḷḷu	దొననీళ్ళు		1#37	6
Sheep droppings	ajāviḍ guṇāḥ	अजाविड् गुणाः	gorrepeṁḍa	గొర్రెపెండ	*Ovis aries* Linnaeus, 1758	13#4	63
Sheep ghee	āvikaghṛtaguṇāḥ	आविकघृतगुणाः	gorrenēyi	గొర్రెనేయి	*Ovis aries* Linnaeus, 1758	6#7	38
Sheep meat	āvimāṁsa guṇāḥ	आविमांस गुणाः	gorremāṁsaṁ	గొర్రెమాంసం	*Ovis aries* Linnaeus, 1758	21#23	106
Sheep milk butter	āvika navanītaguṇāḥ	आविक नवनीतगुणाः	gorrevenna	గొర్రెవెన్న	*Ovis aries* Linnaeus, 1758	5#8	36
Sheep milk curd	āvika dadhi guṇāḥ	आविक दधि गुणाः	gorreperugu	గొర్రెపెరుగు	*Ovis aries* Linnaeus, 1758	3#8	25
Sheep ride	meṣayāna guṇāḥ	मेषयान गुणाः	mēṣayānaṁ	మేషయానం	*Ovis aries* Linnaeus, 1758	59#8	294
Sheep urine	āvika mūtra guṇāḥ	आविक मूत्र गुणाः	gorremūtraṁ	గొర్రెమూత్రం	*Ovis aries* Linnaeus, 1758	12#4	61
Sheep's	ewe's milk /āvika dugdham	आविक दुग्धम्	gorrepālu	గొర్రెపాలు	*Ovis aries* Linnaeus, 1758	2#17	17
Shells	cowrie / varāṭikā	वराटिका	gavvalu	గవ్వలు	*Aragonite, exhibit chemical properties including the presence of calcium, iron, aluminum, and sodium*	62#52	306
Shoe flower	japā guṇāḥ	जपा गुणाः	dāsanamu	దాసనము	*Hibiscus rosa-sinensis* L.	38#210	220
Shrikhand	rasālā	रसाला	rasāla	రసాల		20#1	97
Śibira	śibira guṇāḥ	शिबिर गुणाः	tamidalu	తమిదలు	*Sorghum bicolor* (L.) Moench	14#36	68

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Sickle senna sour gruel	cakramardadalaśukta guṇāḥ	चक्रमर्ददलशुक्त गुणाः	cagarcapulupu	చగర్చపులుపు	*Senna obtusifolia* (L.) *H.S.Irwin & Barneby*	28#2	158
Sikatā fish	sikatāmadhyagamatsyamāṁsa guṇāḥ	सिकतामध्यगामत्स्यमांस गुणाः	isukamīlu	ఇసుకమీలు		23#15	120
Sikatā/nāḍikā	sikatākhya/nāḍikāśāka guṇāḥ	सिकताख्य/नाडिकाशाक गुणाः	nāḍīśākaguṇamu	నాడీశాకగుణము		24#108	140
Silk clothes	kauśeyavastradhāraṇa guṇāḥ	कौशेयवस्त्रधारण गुणाः	paṭṭuvastraṁ	పట్టువస్త్రం		47#3	246
Silk clothes	kapodha evaṁ kauśeyavastra dhāraṇa guṇāḥ	कपोध एवं कौशेयवस्त्र धारण गुणाः	pātticira	పాత్తిచిర		47#12	248
Silk cotton tree	śālmalī guṇāḥ	शाल्मली गुणाः	būrugu	బూరుగు	*Bombax ceiba* L.	38#248	224
Silk cotton tree exudate	śālmalīniryāsa guṇāḥ	शाल्मलीनिर्यास गुणाः	būrugubaṁka	బూరుగుబంక	*Bombax ceiba* L.	38#249	224
Silk cotton tree water	śarāvapuṣṭiguṇāḥ	शरावपुष्टिगुणाः	būrugunīḷḷu	బూరుగునీళ్ళు	*Bombax ceiba* L.	1#62	9
Silver	tāra guṇāḥ	तार गुणाः	veṁḍi	వెండి	*Ag*	53#10	263
Silver date palm	parūṣakaphala guṇāḥ	परूषकफल गुणाः	ītapaṁḍlu	ఈతపండ్లు	*Phoenix sylvestris* (L.) Roxb..	37#26	186
Silver platter, utensils	tārapātrōpayōga guṇāḥ	तारपात्रोपयोग गुणाः	veṁḍipaḷḷeṁ	వెండిపళ్ళెం	*Ag*	48#14	251
Śimbī phala	śimbīphala guṇāḥ	शिम्बीफल गुणाः	mēkacevicikkuḍukāya	మేకచెవిచిక్కుడుకాయ		27#38	152
Śiphā type Jackfruit	śiphāpanasasya phala guṇāḥ	शिफापनसस्य फल गुणाः	vērupanasakāya	వేరుపనసకాయ	*Ananas comosus* (L.) Merr.	27#19	150
Śira type pulse	śiro guṇāḥ	शिरो गुणाः	satināḷu	సతినాలు		15#18	71
śītāṅga-kuliṅga bird meat	śītāṅgakuliṅga guṇāḥ	शीताङ्गकुलिङ्ग गुणाः	velucamāṁsaṁ	వెలుచమాంసం		22#49	116
Six ingredient gruel	ṣaḍaṅgavāripeya guṇāḥ	षडङ्गवारिपेय गुणाः	ṣaḍaṁgavāripēya	షడంగవారిపేయ		16#19	78
Sixty day harvest rice	śveta-kṛṣṇavrīhi guṇāḥ	श्वेत-कृष्णव्रीहि गुणाः	nallanitellanivaḍlu	నల్లనితెల్లనివడ్లు	*Oriza sativa* L.	14#14	66
Slaked or edible pickling lime	pāṣāṇa sambhūta sudhācūrṇa sevana guṇāḥ	पाषाणसम्भूत सुधाचूर्ण सेवन गुणाः	sunnaṁ	సున్నం	*Ca(OH)2*	55#7	272
Sleep	nidrā	निद्रा	nidra	నిద్ర		62#31	303
Sleeping bed group	śayyāvargaḥ	शय्यावर्गः	śayyāvargaṁ	శయ్యావర్గం		61#	296
Slender dwarf morning glory	viṣṇukrānta guṇāḥ	विष्णुक्रान्त गुणाः	viṣṇukrāṁta	విష్ణుక్రాంత	*Evolvulus alsinoides* (L.) L.	38#228	222
Slender Rattan cane shoots	vetrāgraphala guṇāḥ	वेत्राग्रफल गुणाः	vēpakonalu	వేపకొనలు	*Calamus rotang* L.	36#32	180
Slightly sour curd	alpāmla dadhi guṇāḥ	अल्पाम्ल दधि गुणाः	iṁcukaṁtapullani perugu	ఇంచుకంతపుల్లని పెరుగు		3#19	27
Slowly flowing river water	mandaveganadīguṇāḥ	मन्दवेगनदीगुणाः	maṁdavēgaṁgala nadula nīḷḷu	మందవేగంగల నదుల నీళ్ళు		1#27	5
Small fish	kṣudramatsyamāṁsa guṇāḥ	क्षुद्रमत्स्यमांस गुणाः	rocculu	రొచ్చులు		23#12	120
Small flowered ixora	kuravakapuṣpa guṇāḥ	कुरवकपुष्प गुणाः	korivi	కొరివి	*Ixora arborea* ROXB. EX J.E. *SM., Barleria cristata* L.	57#34	288
Small flowered ixora nectar	puṣpodbhavarasa guṇāḥ	पुष्पोद्भवरस गुणाः	vāsanapūlu	వాసనపూలు		57#35	288

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Small karanda fruit	hrasvakaramardaphala guṇāḥ	ह्रस्वकरमर्दफल गुणाः	kalavipaṁḍu	కలవిపండు	*Carissa carandas* L.	37#61	191
Small pigeon pea	sūkṣmāḍhakī guṇāḥ	सूक्ष्माढकी गुणाः	sannapukaṁdulu	సన్నపుకందులు	*Cajanus cajan* (L.) Millsp.	15#25	72
Small Sesame	sūkṣmatila guṇāḥ	सूक्ष्मतिल गुणाः	kurunuvvulu	కురునువ్వులు	*Sesamum indicum* L.	15#36	73
Small Stuffed Indian Bread with hole	svalpatarāpūpa guṇāḥ	स्वल्पतरापूप गुणाः	kannulagārelu	కన్నులగారెలు		18#12	90
Small variety of bael fruit	kṣudrabilvaphala guṇāḥ	क्षुद्रबिल्वफल गुणाः	cinnamārēḍukāya	చిన్నమారేడుకాయ	*Aegle marmelos* (L.) Correa.	36#20	179
Small variety of green gram	jalamudga guṇāḥ	जलमुद्ग गुणाः	pillapesalu	పిల్లపెసలు	*Vigna radiata* (L.) R. Wilczek	15#10	70
Small variety of jhillī	sūkṣmapatrajhillīśāka guṇāḥ	सूक्ष्मपत्रझिल्लीशाक गुणाः	sannaputākulakōyagūra	సన్నపుటాకులకోయగూర		24#4	128
Small variety of Tamarind	laghuciñcāphala guṇāḥ	लघुचिञ्चाफल गुणाः	krottaciṁtapaṁḍu	క్రొత్తచింతపండు	*Tamarindus indica* Linn.	37#87	194
Small variety wheat	laghugodhūma guṇāḥ	लघुगोधूम गुणाः	sannagōdhumalu	సన్నగోధుమలు	*Triticum sphaerococcum Percival*	14#17	66
Śmaśrumatsya	śmaśṛmatsyamāṁsa guṇāḥ	श्मश्रुमत्स्यमांस गुणाः	maḍuvuroyyalu	మడువురొయ్యలు		23#14	120
Smoke with ten ingredients	daśāṅgadhūpa	दशाङ्गधूपम्	daśāṁgadhūpaṁ	దశాంగధూపం		49#2	252
Smooth clothes	suślakṣṇa sughaṭita vastradhāraṇa guṇāḥ	सुश्लक्ष्ण सुघटित वस्त्रधारण गुणाः	vellacīra	వెల్లచీర		47#6	247
Snail meat	śambūkamāṁsa guṇāḥ	शम्बूकमांस गुणाः	nattagullallu	నత్తగుల్లల్లు	*Helix pomatia* Linnaeus, 1758	23#34	122
Snake gourd	paṭolikāphala guṇāḥ	पटोलिकाफल गुणाः	poṭlakāya	పొట్లకాయ	*Trichosanthes cucumerina var. anguina (L.) Haines*	27#21	150
Snake gourd	liṁgabījaphalam	लिङ्गबीजफलम्	liṁgapoṭlakāya	లింగపొట్లకాయ	*Trichosanthes cucumerina* L.	27#64	156
Snake gourd pickle	paṭolaphala haritaka guṇāḥ	पटोलफल हरितक गुणाः	poṭlakāyapaccaḍi	పొట్లకాయపచ్చడి	*Trichosanthes cucumerina*	32#22	169
Snake mallow	nāgabalā guṇāḥ	नागबला गुणाः	nāgabala	నాగబల	*Sida veronicifolia* Lam.	38#195	218
Snake meat	ahimāṁsa guṇāḥ	अहिमांस गुणाः	pāmumāṁsaṁ	పాముమాంసం		21#59	110
Snake molt smoke	sarpakaṁcukadhūpa guṇāḥ	सर्पकंचुकधूप गुणाः	pāmukubusaṁdhūpaṁ	పాముకుబుసంధూపం		49#20	255
Sneeze wort	latāmūrvā guṇāḥ	लतामूर्वा गुणाः	tīgaturumiḍi	తీగతురుమిడి	*Achillea ptarmica* L	38#237	223
Snow water	haimodakaguṇāḥ	हैमोदकगुणाः	maṁcunīḷḷu	మంచునీళ్ళు		1#46	7
Snow-water	tuṣāratoyaṃ	तुषारतोयं	maṁcunīḷḷu	మంచునీళ్ళు		62#24	302
Snuhyaṅkurā	snuhyaṅkura guṇāḥ	स्नुह्यङ्कुर गुणाः	nallēru	నల్లేరు	*Euphorbia neriifolia* L.	24#66	135
Soaked rice	ārdrataṇḍūla guṇāḥ	आर्द्रतण्डूल गुणाः	nānabiyyaṁ	నానబియ్యం	*Oriza sativa* L.	20#31	101
Sodium carbonate	kāca lavaṇam	काच लवणम्	kācalavaṇaṁ	కాచలవణం	Na_2CO_3	62#50	305
Somanātha-tāmra	somanāthatāmra guṇāḥ	सोमनाथताम्र गुणाः	sōmanāthatāmraṁ	సోమనాథతామ్రం	*Cu*	53#12	264
Somaśāka	somaśāka guṇāḥ	सोमशाक गुणाः	sōmeṁdakūra	సోమెందకూర		24#99	139
Sopāna type of olender	sopānakaravīra guṇāḥ	सोपानकरवीर गुणाः	kōtigannēru	కోతిగన్నేరు	*Nerium oleander* L.	38#216	220
Sorghum/	uddāla guṇāḥ	उद्दाल गुणाः	sāmānyapujonnalu	సామాన్యపుజొన్నలు	*Sorghum bicolor* (L.) Moench	14#20	67

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Sorghum-Saptacchada Uddālaka	saptacchadoddālaka guṇāḥ	सप्तच्छदोद्दालक गुणाः	ēḍākujonnalu	ఏడాకుజొన్నలు	*Sorghum bicolor* (L.) Moench	14#23	67
Soup made from wild variety of green gram	vanamudgotthita yūṣa guṇāḥ	वनमुद्गोत्थित यूष गुणाः	kārupesarakaṭṭu	కారుపెసరకట్టు	*Vigna radiata* (L.) R. Wilczek	19#12	94
Sour basella	āmlaupodakaśāka guṇāḥ	आम्लौपोदकशाक गुणाः	pullabaccalikūra	పుల్లబచ్చలికూర	*Basella alba* L.	24#19	130
Sour buttermilk	āmlatakra guṇāḥ	आम्लतक्र गुणाः	pullanicalla	పుల్లనిచల్ల		4#5	29
Sour curd	amladadhiguṇāḥ	आम्लपाकदधिगुणाः	perugu	పెరుగు		3#2	24
Sour mango	amlacūtaphala guṇāḥ	अम्लचूतफल गुणाः	pullamāmiḍipaṁḍlu	పుల్లమామిడిపండ్లు	*Mangifera indica* L.	37#36	188
Sour mango fruit	amlacūtaphala guṇāḥ	अम्लचूतफल गुणाः	pullamāmiḍikāya	పుల్లమామిడికాయ	*Mangifera indica* L.	36#5	177
Sour Pomegranate	amladāḍimāphala guṇāḥ	अम्लदाडिमफल गुणाः	pulladāḍimapaṁḍu	పుల్లదాడిమపండు	*Punica granatum* L.	37#4	182
Sour rice gruel	śālijalaguṇāḥ	शालिजलगुणाः	kali	కలి	*Oriza sativa* L.	11#27	60
Sour, tender palm sprout	āmlalatāpatra guṇāḥ	आम्ललतापत्र गुणाः	pullatēge	పుల్లతేగె	*Borassus flabellifer* L.	24#45	133
Southern wind	dakṣiṇamārutaṃ	दक्षिणमारुतम्	dakṣiṇapugāli	దక్షిణపుగాలి		62#19	301
Spade flower plant	cāraṭī guṇāḥ	चारटी गुणाः	barākudāmara	బరాకుదామర	*Hybanthus enneaspermus* (L.F.) Muell.	38#227	222
Sparrow meat	caṭakamāṁsa guṇāḥ	चटकमांस गुणाः	piccukamāṁsaṁ	పిచ్చుకమాంసం	*Passer domesticus* (Linnaeus, 1758)	22#36	115
Spikenard smoke	jaṭāmāṁsīdhūpa guṇāḥ	जटामांसीधूप गुणाः	jaṭāmāṁsī dhūpaṁ	జటామాంసి ధూపం	*Nardostachys jatamansi* (D.Don) DC.	49#11	253
Spine Gourd Teasle Gourd	karkoṭaśāka guṇāḥ	कर्कोटशाक गुणाः	āgākarakūra	ఆగాకరకూర	*Momordica dioica* Roxb.*ex* Willd.	24#40	132
Split areca nut	bhinnapūgīphala sevana guṇāḥ	भिन्नपूगीफल सेवन गुणाः	ottinapōka	ఒత్తినపోక	*Areca catechu* L.	55#4	271
Sponge gourd	rājakośātakiphala guṇāḥ	राजकोशातकिफल गुणाः	nēti bīrakāya	నేతి బీరకాయ	L*uffa aegyptiaca* Mill.	27#26	151
Spotted deer meat	stārakamāṁsa guṇāḥ	स्तारकमांस गुणाः	duppimāṁsaṁ	దుప్పిమాంసం	*Axis axis (Erxleben, 1777)*	21#47	108
Spreading hogweed	punarnavāśāka guṇāḥ	पुनर्नवाशाक गुणाः	galijērukūra	గలిజేరుకూర	*Boerhavia diffusa* L.	24#60	135
Spreading hogweed	punarnavaśiphā guṇāḥ	पुनर्नवशिफा गुणाः	galijēru	గలిజేరు	*Boerhavia diffusa* L.	38#144	213
Spring Onion tubes	vullsanāla guṇāḥ	वुल्लीसनाल गुणाः	uḷḷakāma	ఉళ్ళకామ	*Allium fistulosum* L.	29#4	160
Sprouted coconut kernel	nārikelāṅkuritaphalamajjā guṇāḥ	नारिकेलाङ्कुरितफलमज्जा गुणाः	molacinanārikēḷapupēśa	మొలచిననారికేళపుపేశ	*Cocos nucifera* L.	31#1	165
Squirrel meat	talāṭamāṁsa guṇāḥ	तलाटमांस गुणाः	uḍutamāṁsaṁ	ఉడుతమాంసం	*Funambulus palmarum (*Linnaeus, 1766*)*	21#53	109
Śrīgandha oil	śrīgandhatailaguṇāḥ	श्रीगन्धतैलगुणाः	śrīgaṁdhatailaṁ	శ్రీగంధతైలం	*Santalum album* L.	10#6	56
Śrīhastinī	śrīhastinīśāka guṇāḥ	श्रीहस्तिनीशाक गुणाः	gurugukūra	గురుగుకూర	*Heliotropium indicum* L.	24#100	139
śrīkesarā	rīkesarā guṇāḥ	श्रीकेसरा गुणाः	śrīkēsarālu	శ్రీకేసరాలు		14#8	65
Śrītālamastaka	śrītālamastaka guṇāḥ	श्रीतालमस्तक गुणाः	śrītālaguṁju	శ్రీతాలగుంజు	*Borassus flabellifer* L.	31#4	165
Śṛṅgiviṣa	śṛṅgiviṣa vikārāh	शृङ्गिविष विकाराः	śṛṁgaviṣavikārālu	శృంగవిషవికారాలు		62#74	308

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Sroto-añjana	srotoañjana guṇāḥ	स्रोतोऽञ्जन गुणाः	srōtōm̐janaṁ	స్రోతోంజనం		41#3	230
Stale rice or spoilt rice	vikṛtigataudana guṇāḥ	विकृतिगतौदन गुणाः	prāśinavaṁṭakaṁ	ప్రాశినవంటకం	*Oriza sativa* L.	17#39	83
Stale Sugarcane juice	paryuṣitekṣurasaguṇāḥ	पर्युषितेक्षुरसगुणाः	prācicerakurasaṁ	ప్రాచిచెరకురసం	*Saccharum officinarum* L.	7#12	42
Star anise	takkola bījam	तक्कोलबीज गुणाः	takkōlapulla	తక్కోలపుల్ల	*Illicium verum* Hook.f.	38#274	226
Starch Laddu	laḍvāka guṇāḥ	लड्वाक गुणाः	piṁḍiladvālu	పిండిలడ్వాలు		20#9	99
Steamed rice cake	bāṣpāpūpam	बाष्पापूपम्	peṭṭu	పెట్టు		62#13	300
Stem of water lily	kumudanāla guṇāḥ	कुमुदनाल गुणाः	togakāma	తొగకామ	*Nymphea alba* L.	29#5	160
Sthūla bāṣpam	stūlabāṣpaśāka guṇāḥ	स्थूलबाष्पशाक गुणाः	tōṭakūra	తోటకూర	*Amaranthus blitum* L.	24#8	128
Stone and clay utensils	śailaja ēvaṁ mṛt pātrōpayōga guṇāḥ	शैलज एवं मृत्पात्रोपयोग गुणाः	maṭṭitele/ maṭṭikaṁcamu	మట్టితెలె/ మట్టికంచము		48#4	250
Stone house	śailanirmitagṛha guṇāḥ	शैलनिर्मितगृह गुणाः	rātimidde	రాతిమిద్దె		51#1	258
Streaming of medicated fluid	seka guṇāḥ	सेक गुणाः	sēkaṁ	సేకం		46#2	243
Stuffed indian bread	apūpa guṇāḥ	सेवलि गुणाः	būrelu	బూరెలు		18#8	90
Stuffed Indian Bread with Blackgram	māṣāpūpa guṇāḥ	माषापूप गुणाः	minupapiṁḍivaṁṭakaṁ	మినుపపిండివంటకం	*Vigna mungo* (L.) Hepper	18#14	90
Stuffed Indian Bread with coconut	nārikelāpūpa guṇāḥ	नारिकेलापूप गुणाः	kommulappālu	కొమ్ములప్పాలు	*Cocos nucifera* L.	18#16	90
Stuffed Indian Bread with green gram	mudgāpūpa guṇāḥ	मुद्गापूप गुणाः	pesarabūrelu	పెసరబూరెలు	*Vigna radiata* (L.) R. Wilczek	18#15	90
Stuffed Indian Bread with rice and Nandyāvartagala	nandyāvartagalāpūpa guṇāḥ	नन्द्यावर्तगलापूप गुणाः	naṁdyāvartalāpūpālu	నంద్యావర్తలాపూపాలు		18#13	90
Subsidiary class of poisons	upaviṣāḥ	उपविषाः	upaviṣālu	ఉపవిషాలు		62#78	309
Sudākhya mudākhyā (mārjāram)	su(madā)dhākhyaphala guṇāḥ	सु(मदा)धाख्यफल गुणाः	suraḷikāya	సురళికాయ		27#45	153
Sudation	svedana guṇāḥ	स्वेदन गुणाः	svēdanaṁ	స్వేదనం		45#7	241
Sugandhikāsamarda	sugandīkāsamardaśāka guṇāḥ	सुगधिकासमर्दशाक गुणाः	kammakasiveṁdakūra	కమ్మకసివెందకూర	*Senna occidentalis* (L.) L*ink.*	24#90	138
Sugar	śarkarāguṇāḥ	शर्करागुणाः	yarrapulakhaṁḍaṁ	యర్రపులఖండం	C_{12} H_{22} O_{11} *(Sucrose)*	7#17	43
Sugar cane liquor	ikṣubhavamadyaguṇāḥ	इक्षुभवमद्यगुणाः	cerakumadyaṁ	చెరకుమద్యం	*Saccharum officinarum* L.	11#17	58
Sugar liquor	śarkarāmadyaguṇāḥ	शर्करामद्यगुणाः	śarkaramadyaṁ	శర్కరమద్యం	*Saccharum officinarum* L.	11#19	59
Sugar, jaggery stuffed indian bread	śarkarādyapūpa guṇāḥ	शर्कराद्यपूप गुणाः	ummarālu	ఉమ్మరాలు		18#10	90
Sugarcane -general qualities	ikṣuguṇāḥ	इक्षुगुणाः	ikṣuguṇālu	ఇక్షుగుణాలు	*Saccharum officinarum* L.	7#3	41
Sugarcane gropu	ikṣuvargamāha	इक्षुवर्गमाह	ikṣuvargaṁ	ఇక్షువర్గం	*Saccharum officinarum* L.	7#	41
Sugarcane juice expressed through machine	yantraniṣpīḍita ikṣurasaguṇāḥ	यन्त्रनिष्पीडित इक्षुरसगुणाः	yaṁtrikārasaṁ	యంత్రికారసం	*Saccharum officinarum* L.	7#11	42
Suitable Oil for nasal medication	nasyārthaṁ snehapraśasthyaṁ	नस्यार्थं स्नेहप्रशस्थ्यं	nasyārhasnēhaṁ	నస్యార్హస్నేహం		42#5	234

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Śukākhyaśākaṃ	śukākhyaśāka guṇāḥ	शुकाख्यशाक गुणाः	cilukakūra	చిలుకకూర		24#2	128
sūkṣma gaulī	sūkṣmagaulīśāka guṇāḥ	सूक्ष्मगौलीशाक गुणाः	veṁṭrukapavalikūra	వెంట్రుకపవలికూర		24#71	136
Sūkṣmapatra jharasī	sūkṣmapatrajharasīśāka guṇāḥ	सूक्ष्मपत्रझरसीशाक गुणाः	sannaputākulaboṁtarāśi	సన్నపుటాకులబొంతరాశి		24#80	137
Śukta meat	śuktamāṁsa guṇāḥ	शुक्तमांस गुणाः	cippanattalu	చిప్పనత్తలు		23#35	123
Sulphur	gandhaka guṇāḥ	गन्धक गुणाः	gaṁdhakaṁ	గంధకం	*S*	53#3	261
Sun hemp	śaṅkhinī, śaṇapuṣpī guṇāḥ	शङ्खिनी, शणपुष्पी गुणाः	giligiṁtapuṣpaṁ	గిలిగింతపుష్పం	*Crotalaria juncea* L.	38#233	222
Śuṇḍākhya phala	śuṇḍākhyaphala guṇāḥ	शुण्डाख्यफल गुणाः	puccimṫakāya	పుచ్చింతకాయ		36#34	181
Sunflower	ādityabhakta guṇāḥ	आदित्यभक्त गुणाः	ādityabhakti	ఆదిత్యభక్తి	*Helianthus annuus* L	38#218	221
Sunshine	ātapa	आतप	eṁḍa	ఎండ		62#27	302
Supernatant fatty layer of milk	santānikā	सन्तानिका	pālamīdimīgaḍa	పాలమీదిమీగడ		2#34	20
Supernatant ghee	ghṛtamaṇḍa guṇāḥ	घृतमण्ड गुणाः	pērinanēyi	పేరిననేయి		6#14	40
Supernatant liquid portion of cooked green gram	mudgodbhavarasa guṇāḥ	मुद्गोद्भवरस गुणाः	pesarakaṭṭu	పెసరకట్టు	*Vigna radiata* (L.) R. Wilczek	19#9	94
Suradāru/ devadāru oil	suradārutailaguṇāḥ	सुरदारुतैलगुणाः	dēvadārutailaṁ	దేవదారుతైలం	*Cedrus deodara (*Roxb. *ex* D. Don*)* G. Don	10#3	56
Śuṣka gariphala	śuṣka gari phala guṇāḥ	शुष्कगरिफल गुणाः	garigivargu	గరిగివర్గు	*Ampelocissus tomentosa* (Roth) Planch.	33#9	171
Suvarṇamukahri river	suvarṇamukharīvārigunāḥ	सुवर्णमुखरीवारिगुणाः	mukharīnadinīḷḷu	ముఖరీనదినీళ్ళు		1#16	3
Śveta śimbī phala	śvetaśimbīphala guṇāḥ	श्वेतशिम्बीफल गुणाः	ānapacikkuḍukāya	ఆనపచిక్కుడుకాయ	L*ablab purpureus* (L.) Sweet	27#39	153
Śvetaśākuṭa	śvetaśākuṭaśāka guṇāḥ	श्वेतशाकुटशाक गुणाः	tellagāmacēmakūra	తెల్లగామచేమకూర	*Colocasia esculenta (*L.*)* Schott	24#14	129
śvetavalāka bird meat	śvetavalākamāṁsa guṇāḥ	श्वेतवलाकमांस गुणाः	tellakokkeramāṁsaṁ	తెల్లకొక్కెరమాంసం		22#58	117
Swan meat	haṁsamāṁsa guṇāḥ	हंसमांस गुणाः	haṁsamāṁsaṁ	హంసమాంసం	*Anser indicus* (Latham, 1790)	22#51	117
Sweet basil	arjaka guṇāḥ	अर्जक गुणाः	dēvamaruvaṁ	దేవమరువం	*Ocimum basilicum* L	38#209	220
Sweet buttermilk	madhuratakra guṇāḥ	मधुरतक्रगुणाः	tiyyanicalla	తియ్యనిచల్ల		4#4	28
Sweet curd	svādu dadhi guṇāḥ	स्वादु दधि गुणाः	tiyyani perugu	తియ్యని పెరుగు		3#18	27
Sweet drink	pānakaguṇāḥ	पानकगुणाः	pānakaṁ	పానకం		20#6	98
Sweet fennel	miśiśāka guṇāḥ	मिशिशाक गुणाः	sadāpakūra	సదాపకూర	*Foeniculum vulgare* Mill.	24#34	132
Sweet fennel	śataprasūnaśāka guṇāḥ (variant text)	शतप्रसूनशाक गुणाः (पाठान्तरे)				24#*	132
Sweet Ivy Gourd	svādubimbīphala guṇāḥ	स्वादुबिम्बीफल गुणाः	tiyyadoṁḍapaṁḍu	తియ్యదొండపండు	*Coccinia grandis (*L.*)* Voigt.	37#64	191
Sweet Mangoes	sahakārabhūruhaphala guṇāḥ	सहकारभूरुहफल गुणाः	tiyyamāmiḍipaṁḍlu	తియ్యమామిడిపండ్లు	*Mangifera indica* L.	37#35	188
Sweet marjoram	maruvapatra guṇāḥ	मरुवपत्र गुणाः	maruvaṁ	మరువం	*Origanum majorana* L.	57#24	287
Sweet pomegranate	svādudāḍimāphala guṇāḥ	स्वादुदाडिमफल गुणाः	tiyyadāḍimapaṁḍu	తియ్యదాడిమపండు	*Punica granatum* L.	37#3	182

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Sweet potato	māṇaka kanda guṇāḥ	माणक कन्द गुणाः	ciragaḍaṁ	చిరగడం	*Ipomoea batatas* (L.) Lam.	30#11	162
Sweet variety of elephant foot yam	madhurasūraṇa guṇāḥ	मधुरसूरण गुणाः	tiyyakaṁda	తియ్యకంద	*Amorphophallus paeoniifolius* (Dennst.) Nicolson	30#1	161
Swiftly flowing river water	veganadyudaka guṇāḥ	वेगनद्युदक गुणाः	vēgaṁgala nadula nīḷḷu	వేగంగల నదుల నీళ్ళు		1#26	4
Swinging bed	ḍolā guṇāḥ	डोला गुणाः	uyyāla	ఉయ్యాల		61#9	297
Sword bean	mūlaśimbīphala guṇāḥ	मूलशिम्बीफल गुणाः	cemmakāya	చెమ్మకాయ	*Canavalia gladiata* (Jacq.) DC.	27#43	153
Śyāma	śyāmatrivṛt guṇāḥ	श्यामत्रिवृत् गुणाः	nallategaḍa	నల్లతెగడ	*Operculina turpethum* (L.) Silva Manso	38#109	209
śyāmākadhānya	śyāmākadhānya guṇāḥ	श्यामाकधान्य गुणाः	cāmalu	చామలు	*Echinochioa frumentacea* Linn.	14#35	68
Śyāmala śākuṭam	śyāmalaśākuṭaśāka guṇāḥ	श्यामलशाकुटशाक गुणाः	nallagāmacēmakūra	నల్లగామచేమకూర	*Colocasia esculenta (*L.*)* Schott	24#15	129
Syandana phala	syandanaphala guṇāḥ	स्यन्दनफल गुणाः	nemmipaṁḍlu	నెమ్మిపండ్లు		37#42	188
Tailed pepper	kaṅkola guṇāḥ	कङ्कोल गुणाः	kaṁkōlaṁ	కంకోలం	*Piper cubeba* L.	38#87	207
Tamarind flower	tintriṇīpuṣpa guṇāḥ	तिन्त्रिणीपुष्प गुणाः	ciṁtapuvvulu	చింతపువ్వులు	*Tamarindus indica* Linn.	26#6	145
Tamarind fruit and seed	tintriṇyāphala bīja guṇāḥ	तिन्त्रिण्याफल एवं बीज गुणाः	ciṁtapaṁḍu	చింతపండు	*Tamarindus indica* Linn.	37#85	194
Tamarind seeds	vṛkṣāmlabīja guṇāḥ	वृक्षाम्लबीज गुणाः	ciṁtavittulu	చింతవిత్తులు	*Tamarindus indica* Linn.	38#219	221
Tāmraparni river	tāmraparṇījalaguṇāḥ	ताम्रपर्णीजलगुणाः	tāmraparṇi nadi nīḷḷu	తామ్రపర్ణి నది నీళ్ళు		1#24	4
Taṇḍuloddālakānnaṃ	taṇḍuloddālakaudana guṇāḥ	तण्डुलोद्दालकौदन गुणाः	viśākhajonnavaṁṭakaṁ	విశాఖజొన్నవంటకం	*Sorghum bicolor* (L.) Moench	17#16	81
Tanner's Cassia	ākulī guṇāḥ	आकुली गुणाः	taṁgēḍu	తంగేడు	*Cassia auriculata* L.	38#159	215
Tanner's cassia fruit	ākulīphalam	आकुलीफलम्	taṁgeḍukāya	తంగెడుకాయ	*Senna auriculata* (L.) Roxb.	27#79	157
Tapioca	piṇḍāluka guṇāḥ	पिण्डालुक गुणाः	peṁḍalaṁ	పెండలం	*Manihot esculenta* Crantz	30#5	161
Tattered clothes	khaṇḍavastra dhāraṇa guṇāḥ	खण्डवस्त्र धारण गुणाः	khaṁḍavastraṁ	ఖండవస్త్రం		47#22	249
Tavaraja type white sugar	tavarājaguṇāḥ	तवराजगुणाः	tavarājaṁ	తవరాజం	$C_{12}H_{22}O_{11}$ *(Sucrose)*	7#21	43
Teak	kāśaduruma guṇāḥ	काशद्रुम गुणाः	ṭēku	టేకు	*Tectona grandis* L.f.	38#264	225
Tender ākulī leaves	ākulīpallava guṇāḥ	आकुलीपल्लव गुणाः	taṁgēḍuciguḷḷu	తంగేడుచిగుళ్ళు	*Senna auriculata* (L.) Roxb.	25#7	143
Tender and ripe (old) ginger	taruṇa evaṁ pakvaśṛṅgavera guṇāḥ	तरुण एवं पक्वशृङ्गवेर गुणाः	lēta muduruallaṁ	లేత ముదురుఅల్లం	*Zingiber officinale* Roscoe	30#12	162
Tender Bael fruit	bālabilvaphala guṇāḥ	बालबिल्वफल गुणाः	lētamārēḍukāya	లేతమారేడుకాయ	*Aegle marmelos* (L.) Correa.	36#19	179
Tender banana	taruṇakadalīphala guṇāḥ	तरुणकदलीफल गुणाः	lēta araṭikāya	లేత అరటికాయ	*Musa × paradisiaca* L.	27#13	149
Tender brinjal	bālavārtākam	बालवार्ताकम्	lētavaṁkāya	లేతవంకాయ	*Solanum melongena* L.	27#53	154
Tender brinjal pickle	bālavārtāka haritaka guṇāḥ	बालवार्ताक हरितक गुणाः	lētavaṁkāyapaccaḍi	లేతవంకాయపచ్చడి	*Solanum melongena* L.	32#4	166
Tender drum-stick leaves	gṛñjanapravāla guṇāḥ	गृञ्जनप्रवाल गुणाः	munugaciguḷḷu	మునుగచిగుళ్ళు	*Moringa oleifera* Lam	25#13	144

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Tender green gram soup	toyamudgodbhavayūṣa guṇāḥ	तोयमुद्गोद्भवयूष गुणाः	pillapesarakaṭṭu	పిల్లపెసరకట్టు	*Vigna radiata* (L.) R. Wilczek	19#10	94
Tender hog plum leave	āmrāttakāṅkura guṇāḥ	आम्रात्तकाङ्कुर गुणाः	aṁbōlapuciguḷḷu	అంబోలపుచిగుళ్ళు	*Spondias pinnata (*L.f.*)* Kurz.	25#8	143
Tender Indian Trumpte Tree leaves	ṭuṇḍukasya pallava guṇāḥ	टुण्डुकस्य पल्लव गुणाः	duṁdilapuciguḷḷu	దుందిలపుచిగుళ్ళు	*Oroxylum indicum* (L.) Vent	25#5	143
Tender Leaves, Sprouts and Shoots	pallavavargaḥ	पल्लववर्गः	pallavavargaṁ	పల్లవవర్గం		25#	143
Tender mango fruit	bālasahakāraphala guṇāḥ	बालसहकारफल गुणाः	lētamāmiḍikāya	లేతమామిడికాయ	*Mangifera indica* L.	36#2	177
Tender mango leaves	cūtāṅkura guṇāḥ	चूताङ्कुर गुणाः	māmiḍiciguru	మామిడిచిగురు	*Mangifera indica* L.	25#1	143
Tender neem leaves	ariṣṭapallava guṇāḥ	अरिष्टपल्लव गुणाः	vēpaciguḷḷu	వేపచిగుళ్ళు	*Azadirachta indica* A. Juss.	25#12	144
Tender peepal leaves	aśvatthapallava guṇāḥ	अश्वत्थ पल्लव गुणाः	rāviciguru	రావిచిగురు	*Ficus religiosa* L.	25#2	143
Tender pointed gourd	bālaṃ ciḍbila	बालं चिड्बिलम्	lētabuḍamakāya	లేతబుడమకాయ	*Trichosanthes dioica* Roxb..	27#77	157
Tender Sword Bean pickle	śimbabālaphala haritaka guṇāḥ	शिम्बबालफल हरितक गुणाः	cemmakāyapaccaḍi	చెమ్మకాయపచ్చడి	*Canavalia gladiata* (Jacq.) DC.	32#2	166
Tender tamarind fruits	ciñcicāphalam	चिञ्चिचाफलम्	lētaciṁtakāya	లేతచింతకాయ	*Tamarindus indica* Linn.	27#75	157
Tender tamarind leaves	ciñcādala guṇāḥ	चिञ्चादल गुणाः	ciṁtaciguḷḷu	చింతచిగుళ్ళు	*Tamarindus indica* Linn.	25#11	144
Tender tanners cassia leaves	āmarīpallava guṇāḥ	आमरीपल्लव गुणाः	nēlataṁgēḍuciguḷḷu	నేలతంగేడుచిగుళ్ళు	*Senna auriculata* (L.) Roxb.	25#10	143
Tender White Fig leaves	plakṣāṅkura guṇāḥ	प्लक्षाङ्कुर गुणाः	juvviciguḷḷu	జువ్విచిగుళ్ళు	*Ficus lacor* Buch.-Ham.	25#3	143
TenderIndian Laburnum or purging cassia leaves	āragvadhamṛdupravāla guṇāḥ	आरग्वधमृदुप्रवाल गुणाः	rēlaciguḷḷu	రేలచిగుళ్ళు	*Cassia fistula* Linn	25#9	143
Ten-year-old ghee	daśavarṣapurāṇaghṛtaguṇāḥ	दशवर्षपुराणघृतगुणाः	pāpadisaṁvatsarāla pāta nēyi	పాపదిసంవత్సరాల పాత నేయి		6#11	39
Testing for quality musk	kastūrī parīkṣāḥ	कस्तूरी परीक्षा	kastūriparīkṣa	కస్తూరిపరీక్ష	*Moschus moschiferus* L *(most notably musk ketone (4'-tert-Butyl-2',6'-dimethyl-3',5'-dinitroacetophenone).*	56#5	278
Tests for quality Saffron	kuṅkuma parīkṣā	कुङ्कुम परीक्षा	kuṁkumaparīkṣa	కుంకుమపరీక్ష	*Crocus sativus* L.	56#13	280
The eight principle metals	aṣṭalohaḥ	अष्टलोहाः	aṣṭalōhālu	అష్టలోహాలు		53#7	262
The Himalayan birch	bhūrjapatra guṇāḥ	भूर्जपत्र गुणाः	bhūrjapatraṁ	భూర్జపత్రం	*Betula utilis* D. Don	38#76	206
The order of consuming honey	madhusevākramaḥ	मधुसेवाक्रमः	madhusēvākramaṁ	మధుసేవాక్రమం		8#38	50
Therapeutic smoke group	dhūmavargamāha	धूमवर्गमाह	dhūpavargaṁ	ధూపవర్గం		49#	252
Thick application of Sandalwood	nibiḍacandanālepa guṇāḥ	निबिडचन्दनालेप गुणाः	śrīgaṁdhaṁ	శ్రీగంధం		60#2	295
Thick gruel	vilepi guṇāḥ	विलेपि गुणाः	velava	వెలవ		16#4	76
Thin application of Sandalwood	viralacandanālepa guṇāḥ	विरलचन्दनालेप गुणाः	palucagāpūsinagaṁdhaṁ	పలుచగాపూసినగంధం		60#3	295
Thin horse gram soup	kulattha yūṣa guṇāḥ	कुलत्था यूष गुणाः	ulavakaṭṭu	ఉలవకట్టు	*Macrotyloma uniflorum (*Lam.*)* Verdc	19#13	94

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Thin parched paddy gruel	lājapeya guṇāḥ	लाजपेय गुणाः	lājagaṁji	లాజగంజి		16#6	77
Thin rice gruel	maṇḍā guṇāḥ	मण्ड गुणाः	maṁḍeṁgalu	మండెంగలు		18#1	89
Thin variety of sorghum/jowar	kṣudroddāla guṇāḥ	क्षुद्रोद्दाल गुणाः	sannapujonnalu	సన్నపుజొన్నలు	*Sorghum bicolor* (L.) Moench	14#26	67
Thong sandals	pādukaḥ	पादुकः	pādukalu	పాదుకలు		62#3	298
Thorn apple	dattūra guṇāḥ	दत्तूर गुणाः	ummetta	ఉమ్మెత్త	*Datura stramonium* L.	38#212	220
Thorn apple seeds	dattūrabīja guṇāḥ	दत्तूरबीज गुणाः	ummettagiṁjalu	ఉమ్మెత్తగింజలు	*Datura stramonium* L.	38#213	220
Thorny Jackfruit	kaṇṭakīpanasa phala guṇāḥ	कण्टकीपनस फल गुणाः	kommapanasakāya	కొమ్మపనసకాయ	*Artocarpus heterophyllus* Lam.	27#20	150
Thoroughly chewed sugarcane	dantaniṣpīḍita ikṣurasa guṇāḥ	दन्तनिष्पीडित इक्षुरस गुणाः	paṁḍlatinnaceraku	పండ్లతిన్నచెరకు	*Saccharum*	7#10	42
Thoroughly washed and cooked rice	samyakdhautavrīhyodana guṇāḥ	सम्यक्धौतव्रीह्योदन गुणाः	tellvaṁṭakaṁ	తెల్లవంటకం	*Oriza sativa* L.	17#10	80
Three pungents	vyoṣa, trikaṭu guṇāḥ	व्योष/ त्रिकटु गुणाः	trikaṭukaṁ	త్రికటుకం	*Piper longum* L, *Piper nigrum* L., *Zingiber officinale* Roscoe	38#14	198
Three types of ajāmoda	ajāmodatrayasya guṇāḥ	अजामोदत्रयस्य गुणाः	ajāmōdatrayaṁ	అజామోదత్రయం		38#46	202
Tiger meat	vyāghramāṁsa guṇāḥ	व्याघ्रमांस गुणाः	pulimāṁsaṁ	పులిమాంసం	*Panthera tigris* (Linnaeus, 1758)	21#40	108
Time of Nasal medication administration	nasyaprayogakāla	नस्यप्रयोगकालाः	nasyakālaṁ	నస్యకాలం		42#3	233
Timi fish	timimatsyamāṁsa guṇāḥ	तिमिमत्स्यमांस गुणाः	korramīnu	కొర్రమీను		23#20	121
Timiṁgala	timiṁgalamāṁsa guṇāḥ	तिमिङ्गलमांस गुणाः	moṭṭāgiḍalu	మొట్టాగిడలు	*Balaenoptera musculus* (Linnaeus, 1758)	23#26	122
Toothbrush tree	pīlu guṇāḥ	पीलु गुणाः	korrigoṁtu	కొర్రిగొంతు	*Salvadora persica* L.	38#238	223
Topaz	puṣparāga guṇāḥ	पुष्पराग गुणाः	puṣparāgaṁ	పుష్పరాగం	*Al2(F,OH)2SiO4*	54#5	266
Tortoise meat	kamaṭhamatsyamāṁsa guṇāḥ	कमठमत्स्यमांस गुणाः	tābēlu	తాబేలు	*Geochelone elegans* (Gray, 1830)	23#27	122
Touch-shy plant	samaṁgāśāka guṇāḥ	समङ्गाशाक गुणाः	muṇugudāmarakūra	ముణుగుదామరకూర	*Mimosa pudica* L.	24#106	140
Tourmaline	vaikrānta guṇāḥ	वैक्रान्त गुणाः	vaikrāntaṁ	వైక్రాన్తం	*Complex aluminum borosilicate [(Na,Ca)(Mg,* Li*,Al,Fe2+)3Al6(BO3)3Si6O18(OH)4]*	54#16	268
Toyamāgadhika śāka	toyamāgadhikaśāka guṇāḥ	तोयमागधिकंशाक गुणाः	citramūlapukūra	చిత్రమూలపుకూర		24#111	140
Toyasarpasama fish	toyasarpasama matsyamāṁsa guṇāḥ	तोयसर्पसम मत्स्यमांस गुणाः	dāṁṭerra	దాంటెర్ర		23#23	121
Tree of heaven	kaṭvaṁga guṇāḥ	कट्वङ्ग गुणाः	peddamānu	పెద్దమాను	*Ailanthus excelsa* Roxb.	38#158	214
Trellis-vine	kurūṭakā guṇāḥ	कुरूटका गुणाः	duṣṭaputīga	దుష్టపుతీగ	*Pergularia daemia* (FORSK.) CHOIV.	38#123	210

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Trellis-vine latex	kurūṭakapaya guṇāḥ	कुरूटकपय गुणाः	duṣṭaputīgapālu	దుష్టపుతీగపాలు	*Cissus quadrangularis* L.	38#124	211
Trijātaka	trijātaka guṇāḥ	त्रिजातक गुणाः	trijātakaṁ	త్రిజాతకం	*Cinnamomum zeylanicum Blume, Elettaria cardamomum, Cinnamomum tamala Nees*	38#23	199
True indigo	nīlī guṇāḥ	नीली गुणाः	nīli	నీలి	*Indigofera tinctoria* L.	38#119	210
Trumpet flower	pāṭalīkusuma guṇāḥ	पाटलीकुसुम गुणाः	kaligoṭṭu	కలిగొట్టు	*Stereospermum tetragonum* DC.	57#9	284
Tubers liquor	sāndra, śukta madyaguṇāḥ	सान्द्र, शुक्त मद्यगुणाः	meḍudamadyaṁ	మెడుదమద్యం	*CH3CH2OH (or C2H6O)*	11#23	59
Tubers of Water Lilly	utpalakanda guṇāḥ	उत्पलकन्द गुणाः	kaluvaduṁpa	కలువదుంప	*Nymphaea pubescens* Willd., *Nymphaea nouchali* Burm.f.	30#18	163
Tubular Vegetable Group	nālavargaḥ	नाल वर्गः	nāḷavargaṁ	నాళవర్గం		29#	160
Tumbidalaṃ	tumbidalaśāka guṇāḥ	तुम्बिदलशाक गुणाः	puccakūra	పుచ్చకూర	*Citrullus colocynthis* (L.) Schrad.	24#29	131
Tumburu	tumburu guṇāḥ	तुम्बुरु गुणाः	tuṁburulu	తుంబురులు	*Zanthoxylum armatum* DC.	38#30	200
Tuṅga priyaṅgu	tuṅgapriyaṅgu guṇāḥ	तुङ्गप्रियङ्गु गुणाः	gaṁṭelu	గంటెలు	*Setaria italica* (L.) P.Beauv.	14#31	68
Tuṅgabhadra river	tuṅgabhadrodaka guṇāḥ	तुङ्गभद्रोदक गुणाः	tuṁgabhadranīḷḷu	తుంగభద్రనీళ్ళు		1#14	3
Turban, patka, dastar	uṣṇīśa dhāraṇa guṇāḥ	उष्णीश धारण गुणाः	talapāga	తలపాగ		47#14	248
Turkish sweetgum	turuṣka guṇāḥ	तुरुष्क गुणाः	turuṣkaṁ	తురుష్కం	*Liquidambar orientalis* Mill.	38#81	206
Turmeric	haridrā guṇāḥ	हरिद्रा गुणाः	pasupu	పసుపు	*Curcuma longa* L.	30#13	162
Turmeric	haridrā guṇāḥ	हरिद्रा गुणाः	pasupu	పసుపు	*Curcuma longa* L.	38#53	203
Twisted Acacia	khadiravallī guṇāḥ	खदिरवल्ली गुणाः	kōreṁḍa	కోరెండ	*Acacia torta* (Roxb.) Craib.	38#167	216
Twisted Jasmine flower	nepālikāprasūna guṇāḥ	नेपालिकाप्रसून गुणाः	viravādulu	విరవాదులు	*Jasminum auriculatum* Vahl	57#7	284
Two types of tiger's foot plant	nakhadvaya guṇāḥ	नखद्वय गुणाः	nakhaṁ, vyāghranakhaṁ	నఖం, వ్యాఘ్రనఖం	*Ipomoea pes-tigridis* L	38#82	206
Types of Animals and birds	nānāvidha mṛgapakṣivarga niruktiḥ	नानाविध मृगपक्षिवर्ग निरुक्तिः				21#13	104
Types of Buttermilk	takrabhedāḥ	तक्रभेदाः	takrabhēdālu	తక్రభేదాలు		4#13	30
Types of Honey	madhu bhedāḥ	मधु भेदाः	madhubhēdālu	మధుభేదాలు		8#1	45
Types of Opium and their effects	aphenasya lakṣaṇa	अफेनस्य लक्षणम्	aphēnaṁ	అఫేనం	*Papaver somniferum* L.	62#79	309
Types of poisonous tubers	kanda viṣabhedāḥ	कन्द विषभेदाः	kaṁdaviṣabhēdālu	కందవిషభేదాలు		62#64	307
Types of Stuffed Indian Bread	apūpabhedāḥ	अपूपभेदाः				18#23	91
Types of Stuffed Indian Bread	apūpabhedāḥ	अपूपभेदाः	apūpabhēdālu	అపూపభేదాలు		18#*	92
Types of Sugarcane	ikṣubhedhāḥ	इक्षुभेधाः	cerakubhēdālu	చెరకుభేదాలు	*Saccharum officinarum* L.	7#1	41
Udaśvit buttermilk	udaśvidguṇāḥ	उदश्विद्गुणाः	udaśvittu	ఉదశ్విత్తు		4#26	33

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Udaya Bhaskara variety of camphor	udayabhāskarakarpūra guṇāḥ	उदयभास्करकर्पूर गुणाः	udayabhāskaraṁ	ఉదయభాస్కరం	*C10H16O, Cinnamomum camphora* (L.) (J. Presl)	56#22	282
Uddālaka type of honey	auddālaka guṇāḥ	औद्दालक गुणाः	viśākhajonnatēne	విశాఖజొన్నతేనె		8#9	46
Uddālaka type of honey	uddālaka lakṣaṇaṃ	उद्दालक लक्षणं	uddhālaṁ	ఉద్దాలం		8#22	48
Umbrella	chatra guṇāḥ	छत्र गुणाः	goḍugu	గొడుగు		62#1	298
Un-boiled milk	āmaṃ payaḥ	आमं पयः	paccipālu	పచ్చిపాలు		2#31	20
Unbroken areca nut	abhidyamāna kramuka sevana guṇāḥ	अभिद्यमान क्रमुक सेवन गुणाः	ottanipōka	ఒత్తనిపోక	*Areca catechu* L.	55#5	271
Unformed curd	maṇḍakadadhi guṇāḥ	मण्डकदधि गुणाः	tōḍitōḍukōni perugu	తోడితోడుకోని పెరుగు		3#12	26
Unguents, cosmetics	athāṅgarāgam	अथाङ्गरागम्	lēpanālu	లేపనాలు		60#	295
Union with woman	strīsaṅgama guṇāḥ	स्त्रीसङ्गम गुणाः	strīsaṁgamaṁ	స్త్రీసంగమం		52#1	259
Unprocessed Realgar	aśuddhamaṇaḥśilā guṇāḥ	अशुद्धमणःशिला गुणाः	aśuddhamanaḥśila	అశుద్ధమనఃశిల	As_4S_4	54#15	268
Unprocessed, impure orpiment	aśuddhaharitāla guṇāḥ	अशुद्धहरिताल गुणाः	aśuddhaharitālaṁ	అశుద్ధహరితాలం	As_4S3	54#13	267
Unpurified Sulphur	aśodhitagandhaka guṇāḥ	अशोधितगन्धक गुणाः	aśōdhitagaṁdhakaṁ	అశోధితగంధకం		53#4	261
Unripe banana	madhyamakadalīphala guṇāḥ	मध्यमकदलीफल गुणाः	mudirina araṭikāyaguṇālu	ముదిరిన అరటికాయగుణాలు	*Musa × paradisiaca* L.	27#14	149
Unripe fruits group	āmaphalavargaḥ	आमफलवर्गः	āmaphalavargaṁ	ఆమఫలవర్గం		27#	148
Unripe Palmyra palm fruit	bālatālaphala guṇāḥ	बालतालफल गुणाः	tāṭimuṁjalu	తాటిముంజలు	*Borassus flabellifer* L.	37#29	187
Unripe Wood apple	āmakapitthaphala guṇāḥ	आमकपित्थफल गुणाः	velagapaṁḍu	వెలగపండు	L*imonia acidissima* L.	37#49	189
Upper garment, shirt	kūrpāsa dhāraṇa guṇāḥ	कूर्पास धारण गुणाः	kūrpāsaguṇaṁ	కూర్పాసగుణం		47#15	248
Urine Group	mūtra vargaḥ	मूत्र वर्गः	mūtravargaja	మూత్రవర్గజ		12#	61
Usage of heated Honey	uṣṇamadhu prayoga	उष्णमधु प्रयोग	vēḍi tēne	వేడి తేనె		8#34	50
Usage of poisons	viṣaprayoga karmāḥ	विष प्रयोग कर्माः	viṣaprayōgakramaṁ	విషప్రయోగక్రమం		62#77	309
Usage of three myrobalan	triphalā sevanakramāḥ	त्रिफला सेवनक्रमाः	sēvākramaṁ (triphala)	సేవాక్రమం (త్రిఫల)	*Terminalia chebula* Retz., *Terminalia bellerica* (Gaertn.) Roxb.., *Emblica officinalis Gaertn./Phyllanthus emblica* L	38#7	197
Utkrosa bird meat	utkrośamāṁsa guṇāḥ	उत्क्रोशमांस गुणाः	cimmeṭapulugu	చిమ్మెటపులుగు		22#59	117
Uttama kanyā phala	uttamakanyāphala guṇāḥ	उत्तमकन्याफल गुणाः	duṣṭapukāya	దుష్టపుకాయ	*Capparis sepiaria* L.	27#49	154
Vahniśāka	vahniśāka guṇāḥ	वह्निशाक गुणाः	īlakūra	ఈలకూర	*Plumbago zeylanica* L.	24#110	140
Vaiha river	vaihodakaguṇāḥ	वैहोदकगुणाः	vaihānadinīḷḷu	వైహానదినీళ్ళు		1#18	4
Vairāṭaviṣa	vairāṭaviṣa vikārāh	वैराटविषविकाराः	vairāṭaviṣavikārālu	వైరాటవిషవికారాలు		62#72	308
Vajrabhraka	vajrābhraka	वज्राभ्रकं	vajrābhrakaṁ	వజ్రాభ్రకం	$K(Mg,Fe)_3(AlSi_3O_{10})(OH)_2$ *(Biotite)*	62#58	306
Vakra Śāli type rice liquor	vakraśālyutthitaṃ madyaṃ	वक्रशाल्युत्थितं मद्यं	vaṁkevaḍlamadyaṁ	వంకెవడ్లమద్యం	*Oriza sativa* L.	11#6	57

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vakradhānyaṃ	vakra dhānya guṇāḥ	वक्रधान्य गुणाः	vaṁkivaḍlu	వంకివడ్లు		14#6	65
Valak	hrībera guṇāḥ	ह्रीबेर गुणाः	kuruvēru	కురువేరు	*Plectranthus vettiveroides* (Jacob) Singh & Sharma.	38#27	200
Valak smoke	kuruverudhūpa guṇāḥ	कुरुवेरुधूप गुणाः	kuruvēru dhūpaṁ	కురువేరు ధూపం	*Coleus vettiveroides* K.C. Jacob	49#8	253
Valmīka type of honey	valmīkasambhavaṃ kṣaudraṃ	वल्मीकसम्भवं क्षौद्रं	puṭṭatēne	పుట్టతేనె		8#8	46
Vāṃśakā type of Sugarcane	vāṃśikaguṇāḥ	वांशिकगुणाः	vaṁśamaneḍiceraku	వంశమనెడిచెరకు		7#8	42
Vañjara river	vañjarodakaguṇāḥ	वञ्जरोदकगुणाः	vaṁjaranadinīḷḷu	వంజరనదినీళ్ళు		1#15	3
Varaka bird meat	varakamāṁsa guṇāḥ	वरकमांस गुणाः	nallalamāṁsaṁ	నల్లలమాంసం		22#21	114
Varāṭajaṃ fish	varāṭajamāṁsa guṇāḥ	वराटजमांस गुणाः	pavaḍanattalu	పవడనత్తలు		23#37	123
Variations in colour of honey	varṇabhedāḥ	वर्णभेदाः	varṇabhēdālu	వర్ణభేదాలు		8#*	48
Variegated clothes	vicitravarṇāmbara dhāraṇa guṇāḥ	विचित्रवर्णाम्बर धारण गुणाः	vannecira	వన్నెచిర		47#10	247
Variety of radish	mahāmūlakaśāka guṇāḥ	महामूलकशाक गुणाः	peddamullaṁgikūra	పెద్దముల్లంగికూర	*Raphanus sativus* L.	24#21	130
Vartikā bird meat	vartikamāṁsa guṇāḥ	वर्तिकमांस गुणाः	peddapūriṭimāṁsaṁ	పెద్దపూరిటిమాంసం		22#11	112
Vatsanābhi, Aconitum poisoning	vatsanābhavikārā	वत्सनाभविकाराः	vatsanābhavikārālu	వత్సనాభవికారాలు	*Aconitum heterophyllum* Wall. ex Royle.	62#66	308
Vātuka bird meat	vātuka guṇāḥ	वातुक गुणाः	āṁḍupālagumma	ఆండుపాలగుమ్మ		22#9	112
Vegetable hummingbird	munivṛkṣaphala	मुनिवृक्षफल	agaśakāya	అగశకాయ	*Sesbania grandiflora* (L.) Poir.	27#51	154
Vegetable Seed Oils	bījasāra tailavargam	अथ बीजसार	bījasāratailavargaṁ	బీజసారతైలవర్గం		9#	52
Veld grape fryums	vajravallyādivaṭaka guṇāḥ	वज्रवल्ल्यादिवटक गुणाः	nallēruvaḍiyālu	నల్లేరువడియాలు	*Cissus quadrangularis* Linn.	34#11	173
Veldt grape	vajravalli	वज्रवल्ली	nallēru	నల్లేరు	*Cissus quadrangularis* Linn.	62#16	301
Velvet leaf	pāṭhāśāka guṇāḥ	पाठाशाक गुणाः	ciruboddikūra	చిరుబొద్దికూర	*Cissampelos pareira* L.	24#81	137
Very hot cooked rice	atyuṣṇodana guṇāḥ	अत्युष्णोदन गुणाः	atyuṣṇānnaṁ	అత్యుష్ణాన్నం	*Oriza sativa* L.	17#14	80
Very thin cereal (rice) gruel	maṇḍa guṇāḥ	मण्ड गुणाः	maṁḍagaṁji	మండగంజి		16#1	76
Vetiver	uśīra guṇāḥ	उशीर गुणाः	vaṭṭivēḷḷu	వట్టివేళ్ళు	*Vetiveria zizanioides* (L.) *Nash.*	38#26	200
Vetiver fan	uśīra vyajana guṇāḥ	उशीर व्यजन गुणाः	vaṭivēḷḷavisanakarra	వటివేళ్ళవిసనకఱ్ఱ	*Vetiveria zizanioides* (L.) *Nash.*	50#4	256
Vetiver grass flowers	uśīrakusuma guṇāḥ	उशीरकुसुम गुणाः	vaṭṭivēḷḷu	వట్టివేళ్ళు	*Vetiveria zizanioides* (L.) *Nash.*	57#27	287
Vetiver smoke	uśīradhūpa guṇāḥ	उशीरधूप गुणाः	vaṭṭivēḷḷadhūpaṁ	వట్టివేళ్ళధూపం	*Vetiveria zizanioides* (L.) *Nash.*	49#7	253
Vetravati river	vetravatyudakaguṇāḥ	वेत्रवत्युदकगुणाः	vētravatinīḷḷu	వేత్రవతినీళ్ళు		1#23	4
Village boar meat	grāmasūkaramāṁsa guṇāḥ	ग्रामसूकरमांस गुणाः	ūrabaṁdimāṁsaṁ	ఊరబందిమాంసం	*Sus scrofa domesticus* Linnaeus, 1758	21#26	106

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Viśāla fruit	viśālaphala guṇāḥ	विशालफल गुणाः	pādarapaṁḍu	పాదరపండు	*Stereospermum chelonoides (*L.f.*)* DC.	37#82	193
viśāruka phala	viśārukaphala guṇāḥ	विशारुकफल गुणाः	kammarēgupaṁḍu	కమ్మరేగుపండు		37#56	190
Viṭapi type of jackfruit	viṭapipanasaphala guṇāḥ	विटपिपनसफल गुणाः	kommupanasapaṁḍu	కొమ్ముపనసపండు	*Artocarpus gomezianus* Wall. *ex Trécul subsp. zeylanicus* Janet.	37#20	185
Vitasti phala	vitastiphala guṇāḥ	वितस्तिफल गुणाः	jānapaṁḍu	జానపండు	*Grewia tiliifolia* Vahl	37#67	192
Vṛnta patra and vṛkṣaghnaśāka	vṛntapatra evaṁ vṛkṣaghnaśāka guṇāḥ	वृन्तपत्र एवं वृक्षघ्नशाक गुणाः	caṁcalikūra	చంచలికూర		24#101	139
Wake-up time	prabodhanakāla	प्रबोधनकाल	udayaṁmēlkonusamayaṁ	ఉదయంమేల్కొనుసమయం		39#1	227
Walking maidenhair fern	haṁsapādī guṇāḥ	हंसपादी गुणाः	haṁsapādi	హంసపాది	*Adiantum lunulatum* L.	38#232	222
Wara, Yercum fruit	alarka phalam	अलर्क फलम्	pucciṁtakāya	పుచ్చింతకాయ		27#68	156
Water	toya	तोय	nīru	నీరు		1#1	1
Water Chestnut	śṛṅgāṭakakanda guṇāḥ	शृङ्गाटककन्द गुणाः	kōṭiduṁpa	కోటిదుంప	*Trapa natans* L.*]*	30#9	162
Water cooled after boiling	śṛtaśītajalaguṇāḥ	शृतशीतजलगुणाः	kāci, callārcinanīḷḷu	కాచి, చల్లార్చిననీళ్ళు		1#49	8
Water flowing downward	nimnagājalaguṇāḥ	निम्नगाजलगुणाः	ēṭinīḷḷu	ఏటినీళ్ళు		1#32	5
Water from canals	kaulyavāriguṇāḥ	कौल्यवारिगुणाः	kāluvanīḷḷu	కాలువనీళ్ళు		1#31	5
Water from salt water-wells	kṣārakūpodaka guṇāḥ	क्षारकूपोदक गुणाः	uppunūtinīḷḷu	ఉప్పునూతినీళ్ళు		1#43	7
Water from stairwell	vāpījalaguṇāḥ	वापीजलगुणाः	bāvinīḷḷu	బావినీళ్ళు		1#44	7
Water group	toya vargaḥ	तोय वर्गः	nīṭivargamu	నీటివర్గము		1#	1
Water heated by sunlight	ātapataptajalaguṇāḥ	आतपतप्तजलगुणाः	eṁḍalōkāgina nīḷḷu	ఎండలోకాగిన నీళ్ళు		1#70	11
Water in arid zone	jāṅgalodakaguṇāḥ	जाङ्गलोदकगुणाः	jāṁgalōdakaṁ	జాంగలోదకం		1#75	12
Water in desert land	marudeśajalaguṇāḥ	मरुदेशजलगुणाः	marudēśajalaṁ	మరుదేశజలం		1#28	5
Water in fields	kedārodakaguṇāḥ	केदारोदकगुणाः	varimaḷḷanīḷḷu	వరిమళ్ళనీళ్ళు		1#30	5
Water in Godavari and Pranīta river	godāvaryudakaguṇāḥ	गोदावर्युदकगुणाः	gōdāvarinīḷḷu, praṇītanīḷḷu	గోదావరినీళ్ళు, ప్రణీతనీళ్ళు		1#10	3
Water in marshy lands	anūpodakaguṇāḥ	अनूपोदकगुणाः	ānūpa jalaṁ	ఆనూప జలం		1#74	12
Water in mountain area	parvatoparigatajalaguṇāḥ	पर्वतोपरिगतजलगुणाः	jālunīḷḷu	జాలునీళ్ళు		1#33	5
Water in the moderate zone	sādhāraṇodakaguṇāḥ	साधारणोदकगुणाः	sādhāraṇadēśajalaṁ	సాధారణదేశజలం		1#76	12
Water lily	kumudapuṣpa guṇāḥ	कुमुदपुष्प गुणाः	toga	తొగ	*Nymphaea pubescens* Willd.	57#32	288
Water of hail rain	karakodbhavajalaguṇāḥ	करकोद्भवजलगुणाः	vaḍagaṁḍlanīḷḷu	వడగండ్లనీళ్ళు		1#45	7
Water of ponds, artificial tanks	tāḍāgodakaguṇāḥ	ताडागोदकगुणाः	ceruvunīḷḷu	చెరువునీళ్ళు		1#41	7
Water of Small Pond	laghupalvalajalaguṇāḥ	लघुपल्वलजलगुणाः	calamanīḷḷu	చలమనీళ్ళు		1#36	6
Water of wells	pānayogyakūpajalaguṇāḥ	पानयोग्यकूपजलगुणाः	maṁcinūtinīḷḷu	మంచినూతినీళ్ళు		1#42	7

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Water originated from Śrīparvata	śrī parvatodaka guṇāḥ	श्री पर्वतोदक गुणाः	śrīparvataṁ nīḷḷu	శ్రీపర్వతం నీళ్ళు		1#29	5
Water processed with black kutch tree	khadirajala guṇāḥ	खदिरजल गुणाः	caṁḍranīru	చండ్రనీరు	*Acacia catechu* (L.f.) Willd	1#57	9
Water processed with black plum	jamūdakaguṇāḥ	जम्बूदकगुणाः	nērēḍunīḷḷu	నేరేడునీళ్ళు	*Syzygium cumini* (L.) Skeels.	1#61	9
Water processed with fig tree	udumbarajalaguṇāḥ	उदुम्बरजलगुणाः	mēḍinīḷḷu	మేడినీళ్ళు	*Ficus racemosa* Willd.	1#58	9
Water processed with herbs	auṣadhapakvajala guṇāḥ	औषधपक्वजल गुणाः	maṁdulatō kācina nīḷḷu	మందులతో కాచిన నీళ్ళు		1#68	11
Water Purified during the appearance of star Agastya	haṃsodakaguṇāḥ	हंसोदकगुणाः	haṁsōdakaṁ	హంసోదకం		1#34	5
Water to be discarded	varjanīyajalam	वर्जनीयजलम्	varjiṁcadagina nīru	వర్జించదగిన నీరు		1#79	12
Water types	jala bhedāḥ	जल भेदाः	nīṭibhēdālu	నీటిభేదాలు		1#3	1
Water yam, winged yam	piṇḍālukaphalam	पिण्डालुकफलम्	peṁḍapukāya	పెండపుకాయ	*Dioscorea alata* L.	27#66	156
Watermelon	kumbhāṇḍaphala guṇāḥ	कुम्भाण्डफल गुणाः	puccakāya	పుచ్చకాయ	*Citrullus lanatus (Thunb.)* Matsum. & Nakai.	27#7	148
Weak decoction akin to thin gruel	yavāgu guṇāḥ	यवागु गुणाः	yavāgu	యవాగు		16#5	76
Wearing Flowers according to season-1	tatkālapuṣpadhāraṇa guṇāḥ	तत्कालपुष्पधारण गुणाः	tatkālapuṣpadhāraṇaṁ	తత్కాలపుష్పధారణం		57#37	288
Wearing Flowers according to season-2	ṛtvanusāra puṣpadhāraṇa guṇāḥ	ऋत्वनुसार पुष्पधारण गुणाः	ṛtuviśēṣa puṣpadhāraṇa kālaṁ	ఋతువిశేష పుష్పధారణ కాలం		57#38	289
Wearing other's clothing	paravastra dhāraṇa guṇāḥ	परवस्त्र धारण गुणाः	paravastraṁ	పరవస్త్రం		47#20	249
Wearing soiled clothes	malinavastra dhāraṇa guṇāḥ	मलिनवस्त्र धारण गुणाः	malinavasraṁ	మలినవస్రం		47#19	249
Weaver's beam fruit	muṣkakaphala guṇāḥ	मुष्ककफल गुणाः	oddikāya	ఒద్దికాయ	*Schrebera swietenioides* Roxb.	36#25	179
Weaver's beam tree	muṣkaru guṇāḥ	मुष्करु गुणाः	mokkaṁ	మొక్కం	*Schrebera swietenioides* Roxb.	38#250	224
Well boiled milk	atyantasāndraśṛtakṣīraguṇāḥ	अत्यन्तसान्द्रश्रृतक्षीरगुणाः	annapālu	అన్నపాలు		2#40	21
Well fish	kūpodbhavamatsyamāṁsa guṇāḥ	कूपोद्भवमत्स्यमांस गुणाः	ceruvumīlu	చెరువుమీలు		23#3	119
Well-strained curd	mastuparisṛta dadhi guṇāḥ	मस्तुपरिस्रुत दधिगुणाः	vaḍipeṭṭinaperugu	వడిపెట్టినపెరుగు		3#15	26
Western wind	paścānmārutam	पश्चान्मारुतम्	paḍamaṭigālai	పడమటిగాలై		62#20	302
Wet clothes	ārdravastra dhāraṇa guṇāḥ	आर्द्रवस्त्र धारण गुणाः	taḍicira	తడిచిర		47#11	247
Wheat	godhūma guṇāḥ	गोधूम गुणाः	gōdhumalu	గోధుమలు	*Triticum aestivum* L.	14#16	66
Wheat flour pāyasam	godhūma piṣṭa sādhita pāyasa guṇāḥ	गोधूमपिष्टसाधित पायस गुणाः	sojjapāyasaṁ	సొజ్జపాయసం	*Triticum aestivum* L.	17#45	84
Wheat flour recipes	godhūmapiṣṭavikṛti guṇāḥ	गोधूमपिष्टविकृति गुणाः	roṭṭelu	రొట్టెలు	*Triticum aestivum* L.	18#4	89
Wheat flour recipies	godhūma piṣṭa sāra ardha maṇḍakā guṇāḥ	गोधूमपिष्टसारोऽर्धमण्डका गुणाः	sojjamaṁḍeṁgalu	సొజ్జమండెంగలు		18#2	89

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Wheat flour soup	godhūmapiṣṭa vikṛtairvipācitayūṣa guṇāḥ	गोधूमपिष्ट विकृतैर्विपाचितयूष गुणाः	gōdhūmakūra kaṭṭu	గోధూమకూర కట్టు	*Triticum aestivum* L.	19#26	96
Wheat laddu	godhūma laḍvāka guṇāḥ	गोधूम लड्वाक गुणाः	gōdhūmalaḍvālu	గోధూమలడ్వాలు		20#10	99
Wheat soup	godhūmayūṣa guṇāḥ	गोधूमयूष गुणाः	gōdhumakaṭṭu	గోధుమకట్టు	*Triticum aestivum* L.	19#20	95
Whey	dadhimastu guṇāḥ	दधिमस्तु गुणाः	perugumīdinīḷḷu	పెరుగుమీదినీళ్ళు		3#16	27
Whey from buttermilk	takramastu guṇāḥ	तक्रमस्तुगुणाः	callamīdinīḷḷu	చల్లమీదినీళ్ళు		4#6	29
Whirlwind	ugra-vātaṁ.	उग्र-वातम्	suḍigāli	సుడిగాలి		62#22	302
White agarwood	śvetāgaru guṇāḥ	श्वेतागरु गुणाः	śvētāgaru	శ్వేతాగరు	*Aquilaria malaccensis* (Lam.) Poir.	56#10	279
White agarwood smoke	śvetāgurudhūpaṁ	श्वेतागुरुधूपम्	śvētāgarudhūpaṁ	శ్వేతాగరుధూపం	*Aquilaria malaccensis* (Lam.) Poir.	49#5	252
White Arbi, Taro	śākuṭakanda guṇāḥ	शाकुटकन्द गुणाः	cellacēmagaḍḍa	చెల్లచేమగడ్డ	*Colocasia esculenta (*L.*)* Schott	30#21	163
White Ativisha	śvetaprativiṣa guṇāḥ	श्वेतप्रतिविष गुणाः	tellātivasa	తెల్లాతివస	*Aconitum heterophyllum* Wall. ex Royle.	38#65	204
White camel's milk	śveta-auṣṭrikaṃ kṣīraṃ	श्वेत-औष्ट्रिकं क्षीरं	tellaloṭipiṭapālu	తెల్లలొటిపిటపాలు	*Camelus dromedarius* Linnaeus, 1758	2#25	19
White cutch tree extract	śvetakhadira guṇāḥ	श्वेतखदिर गुणाः	tellacaṁḍra	తెల్లచండ్ర	*Acacia catechu* (L.f.) Willd	38#165	215
White Distiller's Acacia	śvetārimeda guṇāḥ	श्वेतारिमेद गुणाः	velidumma	వెలిదుమ్మ	*Acacia leucophloea* (Roxb.) Willd.	38#253	224
White dolichos beans White dolichos beans	śvetaniṣpāva guṇāḥśvetaniṣpāva guṇāḥ	श्वेतनिष्पाव गुणाःश्वेतनिष्पाव गुणाः	tella anumulu	తెల్ల అనుములు	L*ablab purpureus* (L.) Sweet	15#31	73
White elephant's milk	śvetavarṇāyā hastinyāstu payaḥ	श्वेतवर्णाया हस्तिन्यास्तु पयः	tellayēnugupālu	తెల్లయేనుగుపాలు	*Elephas maximus,* Linnaeus, 1758	2#23	18
White fig	plakṣa guṇāḥ	प्लक्ष गुणाः	juvvi	జువ్వి	*Ficus lacor* Buch.-Ham.	38#188	218
White fig, Banyan fruit	plakṣa evaṁ vaṭa phala guṇāḥ	प्लक्ष एवं वट फल गुणाः	marripaṁḍlu, juvvipaṁḍu	మర్రిపండ్లు, జువ్విపండు	*Ficus benghalensis* Linn., *Ficus lacor* Buch.-Ham.	37#68	192
White goat milk	śvetājadugdhaṃ	श्वेताजदुग्धं	tellamēkapālu	తెల్లమేకపాలు	*Capra hircus* Linnaeus, 1758	2#15	17
White horse-gram	araṇyajakulattha guṇāḥ	अरण्यजकुलत्थ गुणाः	tellagollalu	తెల్లగొల్లలు	*Macrotyloma uniflorum (*Lam.*)* Verdc	15#28	72
White mustard	śuklasarṣapa guṇāḥ	शुक्लसर्षप गुणाः	veliāvālu	వెలిఆవాలు	*Sinapis alba* L.	15#43	74
White mustard oil	śuklasiddhārthatailaguṇāḥ	शुक्लसिद्धार्थतैलगुणाः	tellāvanūne	తెల్లావనూనె	*Sinapis alba* L.	9#16	53
White padal	śvetapāṭalā guṇāḥ	श्वेतपाटला गुणाः	tellakaligoṭṭu	తెల్లకలిగొట్టు	*Stereospermum suaveolens (*Roxb..*)* DC.	38#169	216
White pepper	śvetamarica guṇāḥ	श्वेतमरिच गुणाः	tellamiriyālu	తెల్లమిరియాలు	*Piper nigrum* L.	38#222	221
White pigeon pea	śvetāḍhakī guṇāḥ	श्वेताढकी गुणाः	tellakaṁdulu	తెల్లకందులు	*Cajanus cajan* (L.) Millsp.	15#24	72
White rice	śuklaśāli guṇāḥ	शुक्लशालि गुणाः	tellamulukalu	తెల్లములుకలు	*Oriza sativa* L.	14#10	66

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White seed variety of Rosary pea, Indian liquorice	śvetaguñjā guṇāḥ	श्वेतगुञ्जा गुणाः	tellaguruviṁda	తెల్లగురువింద	*Abrus precatorius* L.	38#126	211
White sesame	śvetatila guṇāḥ	श्वेततिल गुणाः	tellanuvvulu	తెల్లనువ్వులు	*Sesamum indicum* L.	15#39	74
White sheep's milk	sitāvika payaḥ	सिताविक पयः	tellagorrepālu	తెల్లగొర్రెపాలు	*Ovis aries* Linnaeus, 1758	2#19	18
White sorghum /jowar	taṇḍuloddāla guṇāḥ	तण्डुलोद्दाल गुणाः	viśākhajonnalu	విశాఖజొన్నలు	*Sorghum bicolor* (L.) Moench	14#24	67
White spreading hogweed	śvetapunarnavāśāka guṇāḥ	श्वेतपुनर्नवाशाक गुणाः	tellagalijērukūra	తెల్లగలిజేరుకూర	*Boerhavia diffusa* L.	24#61	135
White sugar	śvetaśarkarāguṇāḥ	श्वेतशर्करागुणाः	tellapaṁcadāra	తెల్లపంచదార	C_{12} H_{22} O_{11} *(Sucrose)*	7#20	43
White taro root stem	śākuṭajanāla guṇāḥ	शाकुटजनाल गुणाः	tellacēmakāma	తెల్లచేమకామ	*Colocasia esculenta (*L.*)* Schott	29#7	160
White tents	dhavalapaṭakuṭīra guṇāḥ	धवलपटकुटीर गुणाः	vellaguuḍāru	వెల్లగుఉడారు		51#3	258
White turmeric, long zedoary	kacchūra guṇāḥ	कच्छूर गुणाः	kacōraṁ	కచోరం	*Curcuma zedoaria (Christm.)* Roscoe	38#71	205
White variety green gram	śwetamudga guṇāḥ	श्वेतमुद्ग गुणाः	tellapesalu	తెల్లపెసలు	*Vigna radiata* (L.) R. Wilczek	15#6	70
White variety leaves	śubhratāmbūlapatra sevana guṇāḥ	शुभ्रताम्बूलपत्र सेवन गुणाः	tellaniākulu	తెల్లనిఆకులు	*Piper betel* L.	55#8	272
White variety of Bermuda grass	śvetadūrvā guṇāḥ	श्वेतदूर्वा गुणाः	telladūrva	తెల్లదూర్వ	*Cynodon dactylon* (L.) Pers.	38#236	222
White variety round pea	śvetakalāya guṇāḥ	श्वेतकलाय गुणाः	tellaśanagalu/tella baṭhāṇīlu	తెల్లశనగలు/తెల్ల బఠాణీలు	L*athyrus oleraceus* Lam. *(1779)*	15#15	71
White variety Slender dwarf morning glory	śvetaviṣṇukrānta guṇāḥ	श्वेतविष्णुक्रान्त गुणाः	tella viṣṇukrāṁta	తెల్ల విష్ణుక్రాంత	*Evolvulus alsinoides (*L,*)* L.	38#229	222
White whisk fan	vālavyajana guṇāḥ	वालव्यजन गुणाः	viṁjāmara	వింజామర		50#6	256
White Wild Indigo	sitāśarapuṅkhā guṇāḥ	सिताशरपुङ्खा गुणाः	tellaveṁpali	తెల్లవెంపలి	*Tephrosia purpurea* (L.) Pers.	38#269	226
Whole rice grain fermented liquor	dhānyāmlabhedāḥ	धान्याम्लभेदाः	bālamadhyamavṛddhaguṇālu	బాలమధ్యమవృద్ధగుణాలు	*Oriza sativa* L.	11#25	59
Wild animal meat	jāṅgalamāṁsa guṇāḥ	जाङ्गलमांस गुणाः	jāṁgalamāṁsaṁ	జాంగలమాంసం		21#10	103
Wild banana	āraṇyakadalīphala guṇāḥ	आरण्यकदलीफल गुणाः	aḍavi araṭipaṁḍlu	అడవి అరటిపండ్లు	*Musa* × *paradisiaca* L.	37#11	184
Wild basil	araṇyatulasī guṇāḥ	अरण्यतुलसी गुणाः	bhūtulasi	భూతులసి	*Ocimum gratissimum* L	38#208	220
Wild beans	araṇyaśimbīphala guṇāḥ	अरण्यशिम्बीफल गुणाः	aḍavicemmakāya	అడవిచెమ్మకాయ	L*ablab purpureus* (L.) Sweet	27#44	153
Wild boar ghee	varāhasarpiguṇāḥ	वराहसर्पिगुणाः	aḍavipaṁdinēyi	అడవిపందినేయి	*Sus scrofa cristatus* Gray, 1837	6#10	39
Wild boar meat	vārāhimāṁsa guṇāḥ	वाराहिमांस गुणाः	aḍavipaṁdimāṁsaṁ	అడవిపందిమాంసం	*Sus scrofa cristatus* Gray, 1837	21#25	106
Wild cane grass	kāśa guṇāḥ	काश गुणाः	rellu	రెల్లు	*Saccharum officinarum* L.	38#156	214
Wild carrot	gṛñjanaśāka guṇāḥ	गृञ्जनशाक गुणाः	aḍavi kyāreṭ kūra	అడవి క్యారెట్ కూర	*Daucus carota* L.	24#24	130
Wild castor	dantī guṇāḥ	दन्ती गुणाः	nēladaṁti	నేలదంతి	*Baliospermum montanum* (Willd.) Pax.	38#110	209
Wild castor seeds	dantībīja evaṁ kṣudradantī guṇāḥ	दन्तीबीज एवं क्षुद्रदन्ती गुणाः	daṁtivittulu	దంతివిత్తులు	*Ricinus communis* L.	38#111	209

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Wild Celery seeds	ajāmoda guṇāḥ	अजामोद गुणाः	ajāmōdaṁ	అజామోదం	*Apium graveolens* L.	38#44	202
Wild date toddy	parūṣakamadyaguṇāḥ	परूषकमद्यगुणाः	ciṭṭītamadyaṁ	చిట్టీతమద్యం	*Phoenix sylvestris* (L.) Roxb..	11#14	58
Wild drumstick pods	araṇyaśigruja phalam	आरण्यशिग्रुजफलम्	kārumunugakāya	కారుమునుగకాయ	*Moringa oleifera* Lam/ *Moringa concanensis* Nimmo ex Dalzell & Gibson.	27#74	156
Wild Elephant Foot Yam	vanasūraṇakanda guṇāḥ	वनसूरणकन्द गुणाः	aḍavikaṁda	అడవికంద	*Amorphophallus paeoniifolius* (Dennst.) Nicolson	30#3	161
Wild fennel	araṇyamiśiśāka guṇāḥ	अरण्यमिशिशाक गुणाः	aḍavisadāpa	అడవిసదాప	*Foeniculum vulgare* Mill.	24#92	138
Wild fowl meat	kānanakukkuṭamāṁsa guṇāḥ	काननकुक्कुटमांस गुणाः	kārukōḍimāṁsaṁ	కారుకోడిమాంసం	*Gallus gallus* (Linnaeus, 1758)	22#20	114
Wild fowl meat	upacakrāhvamāṁsa guṇāḥ	उपचक्राह्वमांस गुणाः	gaṁpapulgumāṁsaṁ	గంపపుల్గుమాంసం	*Gallus gallus* (Linnaeus, 1758)	22#42	116
Wild grape vine	pānīyavallī guṇāḥ	आनीयवल्ली गुणाः	ārudīge	ఆరుదీగె	*Vitis latifolia* Roxb.	38#202	219
Wild horse-gram	araṇyajakulattha guṇāḥaraṇyajakulattha guṇāḥ	अरण्यजकुलत्थ गुणाःअरण्यजकुलत्थ गुणाः	aḍavikollalu	అడవికొల్లలు	*Macrotyloma uniflorum (*Lam.*)* Verdc. *var. stenocarpum* (Brenan) Verdc.	15#29	72
Wild indigo	śarapuṅkhā guṇāḥ	शरपुङ्खा गुणाः	muluveṁpali	ములువెంపలి	*Tephrosia purpurea* (L.) Pers.	38#268	226
Wild Jasminum	santatamallikā guṇāḥ	सन्ततमल्लिका गुणाः	nityamalle	నిత్యమల్లె	*Jasminum auriculatum* Vahl*:*	38#270	226
Wild leadwort	citraka guṇāḥ	चित्रक गुणाः	citramūlaṁ	చిత్రమూలం	*Plumbago zeylanica* L.	38#15	198
Wild mango	araṇyacūtaphala guṇāḥ	अरण्यचूतफल गुणाः	aḍavimāmiḍipaṁḍlu	అడవిమామిడిపండ్లు	*Mangifera indica* L.	37#34	187
Wild mango fruit	āraṇyasahakāraphala guṇāḥ	आरण्यसहकारफल गुणाः	aḍavamāmiḍikāya	అడవమామిడికాయ	*Moringa oleifera* Lam/ *Moringa concanensis* Nimmo ex Dalzell & Gibson.	36#4	177
Wild Moringa	araṇyaśigru guṇāḥ	अरण्यशिग्रु गुणाः	kārumunuga	కారుమునుగ	*Moringa concanensis* Nimmo ex Dalzell & Gibson.	38#193	218
Wild peacock meat	kumbhinīśikhīmāṁsa guṇāḥ	कुम्भिनीशिखीमांस गुणाः				22#17	113
Wild pigeon meat	kapotamāṁsa guṇāḥ	कपोतमांस गुणाः	aḍavipāvurapumāṁsaṁ	అడవిపావురపుమాంసం	*Columba livia* Gmelin, 1789	22#34	115
Wild plantain	āraṇyakadalīphala guṇāḥ	आरण्यकदलीफल गुणाः	aḍavi araṭikāya	అడవి అరటికాయ	*Musa* × *paradisiaca* L.	27#17	149
Wild plantain stem	āraṇyakadalīnāla guṇāḥ	आरण्यकदलीनाल गुणाः	aḍavaiaraṭibōde	అడవైఅరటిబోదె	*Musa* × *paradisiaca* L.	29#2	160
Wild sesame	vanodbhavatila guṇāḥ	वनोद्भवतिल गुणाः	aḍavinuvvulu	అడవినువ్వులు	*Sesamum indicum* L.	15#40	74
Wild sparrow meat	kuliṅgakamāṁsa guṇāḥ	कुलिङ्गकमांस गुणाः	aḍavipiccukamāṁsaṁ	అడవిపిచ్చుకమాంసం	*Passer domesticus indicus* (Jardine & Selby, 1831)	22#47	116
Wild turmeric	karpūragandharajanī guṇāḥ	कर्पूरगन्धरजनी गुणाः	kastūripasupu	కస్తూరిపసుపు	*Curcuma aromatica* Salisb.	38#86	207
Wild upodakī	araṇyopodakī guṇāḥ	अरण्युपोदकी गुणाः	aḍavibaccalikūra	అడవిబచ్చలికూర	*Basella cordifolia* L.	24#67	136
Wild variety green gram	vanamudga guṇāḥ	वनमुद्ग गुणाः	kārupesalu	కారుపెసలు	*Vigna radiata var. sublobata* (Roxb..) Verdc.	15#9	70

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Wild variety of bitter gourd	karkoṭakīphala guṇāḥ	कर्कोटकीफल गुणाः	āgākarakāya	ఆగాకరకాయ	*Momordica charantia* L. *Momordica charantia var. abbreviata*	27#33	151
Wild variety of black gram	āraṇyamāṣa guṇāḥ	आरण्यमाष गुणाः	kāruminumulu	కారుమినుములు	*Vigna mungo var. silvestris* Lukoki	15#13	71
Wild variety of Indian Sarsaparilla root	sugandhisāribāmūla guṇāḥ	सुगन्धिसारिबामूल गुणाः	aḍavimōmena	అడవిమోమెన	*Spondias pinnata (*L.f.*)* Kurz.	36#35	181
Wolf meat	vṛkamāṁsa guṇāḥ	वृकमांस गुणाः	tōḍēlumāṁsaṁ	తోడేలుమాంసం	*Canis lupus pallipes* Sykes, *1831*	21#46	108
Woollen clothes	keśāmbara dhāraṇa guṇāḥ	केशाम्बर धारण गुणाः	gōrpaṇaṁ	గోర్పణం		47#24	249
Yak meat	cāmaramāṁsa guṇāḥ	चामरमांस गुणाः	camarimāṁsaṁ	చమరిమాంసం	*Bos grunniens* Linnaeus, 1766	21#29	107
Yam sour gruel	sūraṇakhala guṇāḥ	सूरणखल गुणाः	kaṁdapulupu	కందపులుపు		28#6	159
Yamuna river water	yamunodakaguṇāḥ	यमुनोदकगुणाः	yamunōdakaṁ	యమునోదకం		1#7	2
Yellow Camphor	karpūra guṇāḥ	कर्पूर गुणाः	paccakarpūraṁ	పచ్చకర్పూరం	*C10H16O, Cinnamomum camphora* (L.) (J. Presl)	56#18	281
Yellow clothes	pītāmbara dhāraṇa guṇāḥ	पीताम्बर धारण गुणाः	pasupucīra	పసుపుచీర		47#7	247
Yellow oleander flowers	hayamārapuṣpa guṇāḥ	हयमारपुष्प गुणाः	gannēru (hayamāra)	గన్నేరు (హయమార)	*Cascabela thevetia* (L.) Lippold.	57#12	285
Yellow-berried nightshade	kaṇṭakārī guṇāḥ	कण्टकारी गुणाः	vākuḍu	వాకుడు	*Solanum surattense Burm.f*	38#139	212
Young animal's meat and fresh meat	vayaḥstha evaṁ sadyohatamāṁsa guṇāḥ	वयःस्थ एवं सद्योहतमांस गुणाः	pathyāpathyamāṁsaṁ	పథ్యాపథ్యమాంసం		23#60	126
Young bitter gourd	bālakāravallīphala guṇāḥ	बालकारवल्लीफल गुणाः	lētakākarakāya	లేతకాకరకాయ	*Momordica charantia* L.	27#27	151
Young black plantain fruit	bālakṛṣṇarambhāphala guṇāḥ	बालकृष्णरम्भाफल गुणाः	nallanilēta araṭikāya	నల్లనిలేత అరటికాయ	*Musa × paradisiaca* L.	27#16	149
Young pumpkin	bālakūṣmāṇḍaphala guṇāḥ	बालकूष्माण्डफल गुणाः	lētagummaḍikāya	లేతగుమ్మడికాయ	*Cucurbita pepo* L.	27#1	148

Photo of original manuscript of Dravyaratnāvali

About the book:

- A Monumental Ayurvedic Revelation: This is the first-ever English translation of the ancient Dravyaratnavali, a monumental Ayurvedic text that was previously at risk of being lost forever due to its palm-leaf manuscript format.
- Decades of Dedicated Scholarship: The original Telugu translation by Dr. Bhagavatam Rama Rao involved immense dedication over decades, painstakingly deciphering and editing three difficult-to-read palm-leaf manuscripts from the Chennai Manuscript Library, a feat requiring deep scholarship, critical examination, and immense patience.
- Unparalleled Comprehensiveness: Dravyaratnavali stands out as the most comprehensive medical lexicon, detailing the properties of nearly 2000 different substances categorised into over 80 main groups, offering an unmatched breadth of Ayurvedic knowledge.
- Extensive Dietary Insights: The text provides an in-depth exploration of various food items, including specific qualities of milk (47 verses), curd (22 verses), buttermilk (34 verses), oils, cereals, pulses, vegetables, and even different types of meat and edible flowers, proving invaluable for improving nutritional understanding.
- Rich Medicinal Formulary: Beyond diet, the book meticulously describes the properties of numerous medicinal products and herbs, offering extensive knowledge useful for treating diseases and advancing Ayurvedic scholarship and healthcare benefits for common people.
- Glimpses into Ancient Lifestyle: It uniquely covers diverse aspects of daily living, from 80 types of water and various forms of ghee and honey, to the specific uses of beds, mattresses, and even the ceremonial practice of chewing betel quid, providing a vibrant picture of the daily life and customs of that era.
- Meticulous English Accessibility: The English translation, undertaken by Vaidya Saketh Ram Thrigulla and a team of young scholars, ensures meticulous preservation of the intrinsic nuances of the original Telugu interpretations, making this profound wisdom accessible globally for academic and practical use.
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